SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 11
SHOPPERS DRUG MART

ONTIME
Electric · Plumbing · Heat & Air
www.ontimegroup.ca
It's Time To Call...
204.774.1474
Need a new furnace?
Carrier
Starting at $999
Full Installation Available
Call For Details

HERE COMES THE BRIDAL GOWN

TRADITIONAL OR FASHION-FORWARD, IN LACE OR WITH PEPLUM WAISTS PAGE 13

Winnipeg Regent
NOW OPEN
GoodLife FITNESS
The good life. Made easy.
204-654-9973
goodlifefitness.com

WINNIPEG metro®
Thursday, January 17, 2013
News worth sharing.
metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

TRUE BLUE

About 3,500 faithful Winnipeg fans spent an evening with Jim Cuddy and Blue Rodeo at the MTS Centre Wednesday night. The five-time Juno Award-winning Canadian country-rock outfit is on a cross-country tour celebrating the 25th anniversary of the release of their debut album, Outskirts. SHANE GIBSON/METRO

Manitoba drowning in debt thanks to flooding

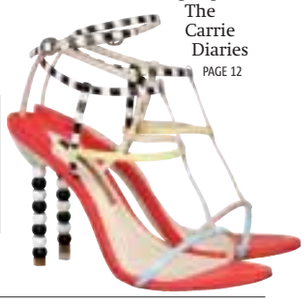
Never mind 666; 999 million is the devil of a deficit the province is facing PAGE 3

Helicopter hits crane in London fog

Debris from crash falls into central London street during rush hour, killing two and injuring 13 PAGE 5

Stepping into Carrie's shoes

Designer Eric Damon dishes on dressing the SATC couture-loving character as an '80s teen in the prequel, The Carrie Diaries PAGE 12



PREMIUM CARE. PEACE OF MIND.
IMAGE PLUS LASER EYE CENTRE
CALL: 94-FOCUS
0% FINANCING
imageplus.ca

BE PART OF A DOWNTOWN WINNIPEG TIMBERCREEK COMMUNITY

33 Hargrave Street

Experience upscale apartment living with great features, finishes and breathtaking downtown views. Hargrave Place is the perfect modern home for urban professionals, students or young families.

(204) 793-2203 FURNISHED SUITES ALSO AVAILABLE

1 bedroom suites starting from	$1,009
2 bedroom suites starting from	$1,251

160 Smith Street

Spacious newly constructed designer suites with luxurious features, five appliance package and chic bathroom with ceramic tiles. MTS Centre, The Forks and Downtown Business District located nearby.

(204) 942-5640 FURNISHED SUITES ALSO AVAILABLE

1 bedroom suites starting from	$1,095
2 bedroom suites starting from	$1,550

Timbercreek
ASSET MANAGEMENT
www.timbercreekrentals.ca

Downtown. Centrepoint project restaurants revealed

Members of Winnipeg's business community got an in-depth look Wednesday at the Centrepoint redevelopment project currently under construction in downtown Winnipeg — including a sneak-peek at which restaurants are moving in.

Jeoff Chipman, president and CEO of Stevenson Group Inc., revealed national chain Milestones Grill and Bar and an Asian- and Latin American-inspired restaurant called Chino Libre from local restaurateur Bobby Mottola will both open on the building's main floor across from the MTS Centre next year.

"I think it's a great time to be a Winnipegger," said Chipman of the changes coming to the city's downtown after giving a presentation on the $100-million project at a Building Owners and Managers Association luncheon. "Winnipeg is a pretty interesting little market to be in and an important market to be in."

The Centrepoint development will see a seven-storey office and retail building built between Donald and Hargrave Street on Portage Avenue with a 15-storey ALT Hotel built on top of it. The second part of the development will see a 425-stall parkade with more space for retail built on Hargrave Street between Portage and Ellice Avenues, with a 14-storey 160-unit high-rise condo built on top of it.

Construction on the office building and parkade is expected to be complete by mid-2014 and the hotel should open by early 2015. The condominiums on top of the parkade should be finished by late 2015.

SHANE GIBSON/METRO

1 year later. Omniglass Inc. reopens after fire

A year after a fire destroyed a local window business, the company is back in action.

On Jan. 2, 2012, fire broke out at the Omniglass Inc. plant at 1205 Sherwin Rd. When firefighters entered, something inside the plant exploded, blowing two firefighters right out of the building. One firefighter was taken to hospital where he recovered.

Omniglass Inc. has been reborn as Omniglass SCT, which will be helmed by John Zadro, who is also president of Structural Composite Technologies.

"We are bringing back a respected name in fiberglass to the North American window and door industry," said Zadro in a press release. "We are returning Omniglass SCT to what it did best: Designing and manufacturing the best fiberglass components possible for windows and doors."

The company has hired 10 former employees, including Laurie Davies, founder of Omniglass, to assist with sales and business development.

The company was founded in 1961. METRO

Pot. Charges laid after cops happen on grow-op

Two people are facing charges after police officers stumbled on a pot grow-op while investigating an unrelated matter in the Heritage Park area Monday.

Officers went to a residence in the 100 block of Carriage Road around 10 p.m. and once inside they noticed 29 pot plants with an estimated street value of nearly $33,000 and about $1,000 worth of growing equipment.

A 37-year-old woman in the residence at the time was arrested and later released, while a 52-year-old man was arrested later and detained at the Provincial Remand Centre.

Both have been charged with producing a controlled substance and possession for the purpose of trafficking.

METRO

Discovery

29

29 pot plants were found at a Carriage Road residence by police.

Province $999M in red

Provincial debt load.
Winnipeg racks up overruns mainly due to flooding disaster

ELISHA DACEY
elisha.dacey@metronews.ca

Auditor General Carol Bellringer says the province racked up $999 million in debt in the 2012 fiscal year, due mostly to flooding.

According to a summary of the annual report released Wednesday, "the actual deficit was $561 million greater than budget, and that the difference is comprised of a $437-million net loss related to unbudgeted disaster costs, nets of recoveries, and a $124-million net loss related to unbudgeted non-disaster costs."

The summary also said the office of the fire commissioner improperly spent more than $300,000, over several years, with monies going to people who were not entitled to payments, supported by forged or fabricated documents.

"Many payments were for personal expenses, amounts were claimed on more than one occasion, and in a number of instances payments were made with no supporting documentation at all or were supported by a manipulated receipt with details of the items purchased torn off the receipt," she said in a press release.

Bellringer also said the OFC didn't comply with their own travel policies for expenses.

"The financial irregularities involved several individuals in the OFC over an extended period of time. Findings suggested that the former senior OFC officials colluded to circumvent the requirement for the Deputy Minister to approve the former Fire Commissioner's expense claims.

"In our view, the blame must be placed on the individuals directly involved in the financial irregularities. But, it is important to analyze what went wrong in the system to permit this to take place."

Carol Bellringer
METRO/HANDOUT

Highlights

- About 25 per cent of current daycares have been given provisional daycare licences because they are not up to provincial standard. While those licences were posted properly, many did not clearly list what improvements were needed.
- The province's Business Transformation and Technology department needs to "significantly" improve its security management practices and controls.
- The provincial nominee program had "weaknesses" in procedures, and some information was not being verified. However, the program created a special unit to help with verification of people's submitted applications to the program.
- 10 random organizations were audited for senior management expense policies. There were no excessive expenditures found.

BOOK YOUR HOLIDAY PARTY WITH US TODAY!
• PRIVATE ROOMS AVAILABLE FOR PARTIES OF 25-100 AT NO EXTRA CHARGE (REFUNDABLE DEPOSIT)
• BOOKING TIMES: MON-THURS 11AM - 7PM, BOOK EARLY WE FILL UP FAST
• TAKE-OUT MENU NOW AVAILABLE - BRING THE BUFFET TO YOUR PARTY!
GIFT CARDS AVAILABLE
Royal Fork Buffet
$2 OFF
REGULAR LUNCH OR DINNER
(Adults & Seniors only. One coupon per person, not valid on Holidays)
Expires January 31, 2013.
(204) 668-1960
Unit 900-1615 Regent Ave. W
www.royalforkwinnipeg.com

Museums left out of the loop on purpose: Wyatt

Funding catch-22. Giving info to arm's-length groups before giving info to council not right, says Coun. Wyatt

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The chair of city's finance committee said leaving the arm's-length Winnipeg Museums Board out of the loop on planned funding cuts to local museums was a necessary part of this year's budget process.

City hall has been criticized for a 10 per cent cut across the board to grants for nearly a dozen museums.

"When you write a budget, you have to do it based on budget confidence and that also means having information that necessarily other parts of the bureaucracy and the city does not have," Coun. Russ Wyatt said during the lunch break of a day-long executive policy committee meeting on Wednesday.

"The challenge there with the museums is that, no different than any other part of the city, they learn about the budget when it's actually released. There's a problem sharing information with an arm's-length organization when you're not even necessarily bringing all of council in, in terms of the budget, until it's actually released.

"It's really a catch-22."

However, William Dowie, chair of the Winnipeg Museums Board, said the cuts are detrimental to museums because many plan their fiscal year from January to December; meanwhile the city's fiscal year starts in April.

This means many museums have already planned budgets for 2013 and have now been left scrambling.

"We're going to be working with this, to make sure that our museums become more resilient; that's the job of the museums board" — however, Dowie added, "all of these museums are lean."

Coun. Russ Wyatt (Transcona) talks to media during a lunch break Wednesday.
BERNICE PONTANILLA/METRO

Diane Doth, executive director of the Manitoba Children's Museum, said when she was first hired at the museum there were more than 20 full-time positions; now there are six.

"The cuts have been big and to the bone and beyond," she said, adding for every dollar the city gives the Children's Museum, they raise $12 in non-governmental money.

Inquiry. Social worker followed guidelines in case involving girl who later died

The inquiry into the beating death of a Manitoba girl has been told it was not uncommon for Manitoba social workers to decide a child was safe without even laying eyes on the youngster.

Workers would speak to other family members in the home or sometimes simply assess the situation over the phone — methods that were allowed under provincial child-welfare standards that were only changed recently.

"I would suggest that I complied with that standard," Christopher Zalevich said Wednesday, at the public inquiry into the 2005 death of Phoenix Sinclair.

On March 9, 2005, Zalevich, a crisis-response worker with Winnipeg Child and Family Services, went to the apartment building where Samantha Kematch and her four-year-old daughter, Phoenix Sinclair, were living.

Zalevich, along with a co-worker, Bill Leskiw, were investigating an anonymous tip that Kematch was abusing Phoenix and locking her in a bedroom. Kematch had a long history of troubles that were outlined in the child-welfare database. Phoenix had spent much of her life in foster care and in the care of family friends.

Zalevich and Leskiw talked to Kematch in the hallway of her apartment building. She told them she didn't want them inside because she had a visitor. The social workers saw Kematch hold her youngest daughter, a baby who appeared well-cared for, and were told Phoenix was elsewhere. They told Kematch she shouldn't lock Phoenix in a bedroom because it would make it hard for the girl to get out in the event of a fire.

With that, the pair left. Zalevich suggested the file be closed and his supervisor approved it. Three months later, Phoenix was beaten to death by Kematch and her boyfriend, Karl McKay — a man with a long history of domestic violence that was also contained in the child-welfare database.

The inquiry was told that provincial standards in 2005 did not require social workers, in most instances, to physically see a child before closing a case. THE CANADIAN PRESS

WestJet Vacations offers the complete vacation package.

Flights Hotels Savings

Non-stop from Winnipeg to Las Vegas:

From $509* Plus $128 taxes & fees

Excalibur
★★★
Round-trip air + 4 nights + transfers
• Travel February 3 & 10, 2013

Book your complete vacation package at westjetvacations.com or call your travel agent.

Discover America .com

WESTJET vacations

*Book by January 23, 2013 (11:59 p.m. MT). Round-trip from Winnipeg. Other departure cities and dates available, and prices may be higher. Price is per guest, based on double occupancy unless otherwise specified. Advertised fares are based on non-stop flights. Taxes and fees not included. Taxes for U.S., Mexico and Caribbean destinations can fluctuate based on exchange rate. Fuel surcharge between $44 -$90 round-trip still applies to Air Miles™ redemption bookings. Transfers not included unless otherwise specified. Advance booking required. Non-refundable. Offer limited and subject to availability. Price is accurate at time of printing deadline. New bookings only. Visit westjetvacations.com for details.

Ward allowance increase not about re-election: Coun.

The battle over a $600,000 increase to councillors' ward allowances is revealing deep dissatisfaction among colleagues.

Coun. Grant Nordman (St. Charles) spoke in delegation at Wednesday's executive policy committee meeting to explain the rationale behind the increase.

"I just want you to understand that this is $600,000 that will not, in any way, bring us close to what our colleagues in the legislature have to represent half the number of people that we do," said Nordman, adding the money is used to cover staff, research and policy development.

"It doesn't allow us any piece, largely, for communication. I'm really quite tired of members of the legislature taking responsibility and credit for initiatives that we've all worked on together."

Nordman said there's nothing that states all $600,000 has to be used and, if it isn't, the money can go back into the city's coffers.

Coun. Grant Nordman
METRO FILE

"I take exception to some of our colleagues who've been quite dramatic in their presentation on this that it's just an … attempt to get re-elected, I don't buy that for a minute," he added.

Several councillors, including Paula Havixbeck (Charleswood-Tuxedo) and Jenny Gerbasi (Fort Rouge-East Fort Garry), have been vocal critics of the increase since it was announced on Jan. 9.

The proposed increase for the Councillors Representation Allowance (CRA), which is currently at $75,000, is $40,000.

Coun. Brian Mayes (St. Vital) offered a compromise at Wednesday's EPC meeting of a $16,000 raise instead of the $40,000, which adds up to $240,000.

Mayes suggested the remaining $360,000 be put towards the organizations receiving funding cuts of either 10 or 100 per cent in the preliminary 2013 operating budget.

BERNICE PONTANILLA/METRO

On the web

For more local news go to metronews.ca.

Helicopter goes down on busy London street

Two dead. Pilot and a man on the ground killed after chopper collided with crane in foggy weather

A helicopter crashed into a crane and fell on a crowded street in central London during rush hour Wednesday, sending flames and smoke into the air. The pilot and one person on the ground were killed and 13 others injured, officials said.

The pilot had requested to divert to the nearby London Heliport because of bad weather, the site said in a statement.

The company identified the pilot as Peter Barnes, 50, whose career included flying in films such as Saving Private Ryan and Die Another Day.

"He was a very highly skilled pilot, one of the most experienced in the U.K., with over 12,000 flying hours," said Philip Amadeus, managing director of RotorMotion, a helicopter charter business.

Police identified the other fatality as 39-year-old Matthew Wood, from south London.

The crash unfolded at the height of the morning commute when thousands of pedestrians in the area were trying to get to work. The weather at the time was overcast and misty, with fog and poor visibility, according to the Met Office weather forecasting service.

William Belsey, 25, a landscape worker at the scene, said he heard the impact.

"Luckily the crane operator was late for work.... He picked a good day to be late," Belsey said.

THE ASSOCIATED PRESS

Sudden panic

"I was 100 per cent sure it was a terrorist attack."

Allen Crosbie, site manager for a landscaping firm working at the scene

The crash site in Vauxhall, south London. LEWIS WHYLD/THE ASSOCIATED PRESS

Underestimated. Survey suggests energy-drink danger on the rise in U.S.

A new U.S. government survey suggests the number of people seeking emergency treatment after downing energy drinks has doubled in the last four years as the industry surged.

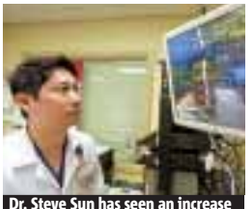
From 2007 to 2011, the government estimates the annual number of emergency-room visits shot up from about 10,000 to more than 20,000. Most involved teens or young adults, according to a survey released last week.

The report calls energy-drink consumption a "rising public health problem" that can cause insomnia, headache, fast heartbeat and seizures.

"A lot of people don't realize the strength of these things. I had someone come in recently who had drunk three energy drinks in an hour, which is the equivalent of 15 cups of coffee," said Howard Mell, an emergency physician in Cleveland.

In 2011, about 42 per cent of the cases involved energy drinks in combination with alcohol or drugs, such as the stimulants Adderall or Ritalin.

"I saw one young man who had mixed energy drinks with alcohol.... He was so dehydrated he had renal failure," said Dr. Steve Sun of San Francisco.



Dr. Steve Sun has seen an increase in such cases in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

"Because he was young he did well ... but if another patient had had underlying coronary artery disease, it could have led to a heart attack."

The findings follow reports from last fall of 18 deaths possibly tied to the drinks — including a 14-year-old girl who died after drinking two large cans of Monster Energy.

Two senators are calling for the Food and Drug Administration to investigate safety concerns about energy drinks.

In 2011, sales volume for the drinks rose by almost 17 per cent, Beverage Digest found.

The industry says there is no proof linking its products to adverse reactions.

THE ASSOCIATED PRESS

Sex ed

Teacher banned from classrooms over porn history

A U.S. teacher fired after students learned she had appeared in pornographic movies has been told she can't return to the classroom.

A three-judge commission in California said unanimously that Stacie Halas can't teach again.

Halas' decision to "engage in pornography was incompatible with her responsibilities as a role model for students," district superintendent Jeff Chancer said in a statement.

THE ASSOCIATED PRESS

Poland

Man tried to name pub after rapist Josef Fritzl

Polish authorities have cancelled the lease for a cellar pub that was to be named after Josef Fritzl, an Austrian man serving a life sentence for locking his daughter in a basement, raping her and fathering her seven children.

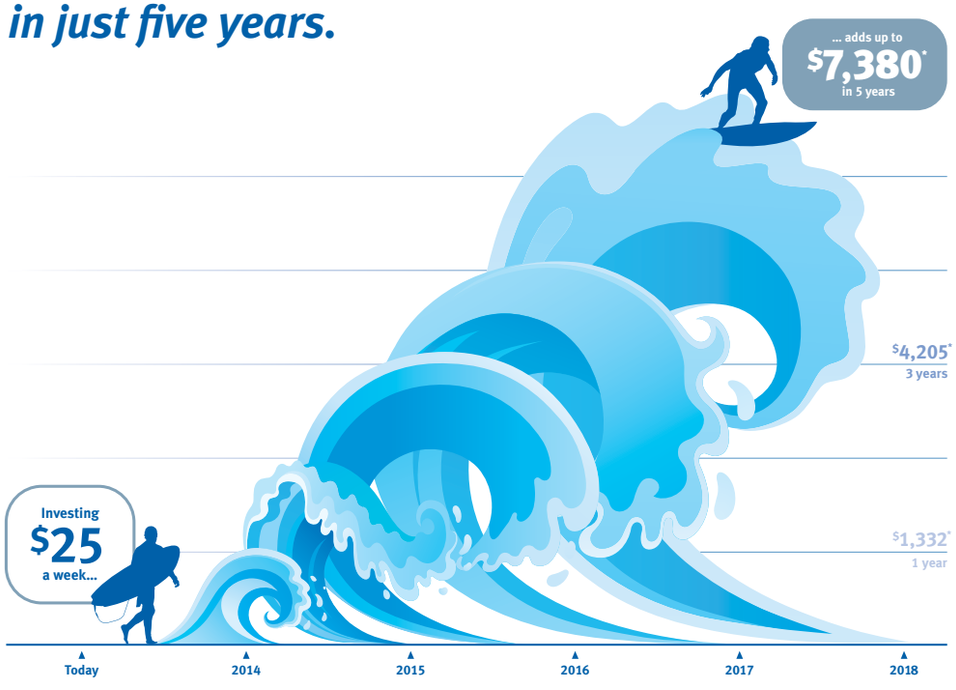
A businessman had planned to open "Fritzl's Cellar" in Warsaw in what he described as a "publicity stunt."

The businessman could face up to one year in prison if convicted of public promotion of crime.

THE ASSOCIATED PRESS

RBC Royal Bank

Hang ten at Bondi Beach...
in just five years.



No matter what you're investing for, $25 a week can get you there. Start today.

Talk to an RBC® advisor, call 1-866-809-2197 or visit rbc.com/bondi

Advice you can bank on™

® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2013 Royal Bank of Canada. * This example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and are not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially.

Obama unveils $500M plan to curb gun crime

Your move, Congress. President bracing for blowback from gun owners, lawmakers and lobbyists

U.S. President Barack Obama urged a reluctant Congress on Wednesday to require background checks for all gun sales and ban both military-style assault weapons and high-capacity ammunition magazines in an emotion-laden plea to curb gun violence in America, though he acknowledged he's in for an uphill battle.

The president's sweeping, $500-million plan, coming one month after the school massacre in Connecticut, marks the most comprehensive effort to tighten gun laws in nearly two decades. But his proposals, most of which are opposed by the powerful National Rifle Association and its allies in Washington, face a doubtful future in a divided Congress where Republicans control the House of Representatives.

Seeking to circumvent at least some opposition, Obama signed 23 executive actions on Wednesday, including orders to make more federal data available for background checks and end a freeze on government research on gun violence. But he acknowledged that the steps he took on his own would have less impact than the broad measures requiring approval from Congress.

The U.S. has the highest rate of gun ownership in the world, and pro-gun groups see any move on gun restrictions as an offence against the right guaranteed by the Second Amendment of the U.S. Constitution. Critics counter that the country's founding fathers never could have foreseen assault weapons more than two centuries ago, when guns were intended for common, not individual, defence.

"This is the land of the free and the home of the brave," Obama said, acknowledging the right to bear arms. "But we've also long realized ... that with rights come responsibilities." THE ASSOCIATED PRESS

Leaving traffic Idled

Idle No More protesters march toward the Ambassador Bridge in Windsor, Ont., Wednesday. About 1,000 demonstrators disrupted traffic to the country's busiest border crossing for several hours. Amid pleas from aboriginal leaders for civility on both sides, peaceful protest appeared to be the order of the day across Canada, but motives varied. Some groups spoke of their own land claims; others decried the federal government's changes to environmental oversight. Still others spoke of the need to honour all First Nations treaties. GEOFF ROBINS/THE CANADIAN PRESS

'Judgments.' Vancouver student's provocative photo sparks discussion

The words are written all the way up the back of the woman's leg. "Matronly" appears at her calf, "proper" at the knee and "whore" at the very top — words meant to reflect how women are often perceived based on the length of their skirt.

The provocative photo, called Judgments, was posted by Rosea Lake, a first-year university student at Capilano University in Vancouver, B.C., on her Tumblr site in early January. In a matter of days the photo went viral, with more than 280,000 people liking and re-blogging it.

She took the photo as part of a high-school art project last year as a way to reassess her assumptions and preconceptions about how women dress. TORSTAR NEWS SERVICE

Student Rosea Lake's photo, titled Judgments. HANDOUT

DNA

Study links genes to behaviour of bullying victims

The episodes of bullying that mar early grade-school years for hundreds of children may be a partial result of the victim's DNA, a new study suggested Wednesday.

The behaviours that most often lead to exclusion and victimization in the classroom or schoolyard have their roots in a student's genes, the study said.

The findings were published on the website of the journal Child Development. THE CANADIAN PRESS

CLEANSING...
it's like health insurance for your body
Health Insurance Policy
Why You Should Cleanse
• Increases Energy
• Reduces Toxic Load
• Improves Elimination
• Improves Digestion
• Reduces Risk of Chronic Health Conditions
First Cleanse is designed for the first time or sensitive cleanser. It is gentle yet effective.
CleanseSMART is a 30 day advanced cleanse that deeply detoxifies the whole body. CleanseSMART is designed to work regardless of diet or lifestyle.
Rapid Cleanse is a 7 day cleanse that is perfect if you need results quickly or if you would like to cleanse on a more regular basis.
TESTIMONIAL
After suffering from fatigue, headaches and chronic constipation, I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P. 2012-05-04.
Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3
facebook.com/renewlifecanada
twitter.com/renewlifecanada
$3 Off
Receive $3 Off Your Next Purchase Of Any Renew Life Product*
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires February 28th, 2013.

Cirque du soleil to lay off 400 staff, most at HQ

Blame the loonie.
Cirque says they had a record year, but no profit due in part to production costs

The strong Canadian dollar, surging production costs and the worldwide economic downturn are all being blamed by Cirque du soleil for its decision to lay off 400 employees.

Most of the layoffs will be at the artistic giant's Montreal headquarters.

Company spokeswoman Renée-Claude Ménard moved to dispel speculation the Cirque is flailing.

"The first thing to say is that the circus is not in crisis," Ménard told a news conference Wednesday. "Let's get that straight.

"We had a record year in terms of tickets sold. We sold more than 14 million tickets this year. We had a record year for total revenue, with more than $1 billion."

Despite that, Cirque didn't make money, Ménard said.

She said the powerful loonie hit Cirque hard in that its profit is affected by nearly $3 million for each cent the currency gains against the U.S. dollar.

The layoffs will begin by the end of this month and continue until the end of March.

Cirque employs about 5,000 people worldwide, including 2,000 in Montreal.

It still has 19 productions being presented worldwide and is currently working on a new show that will open in May in Las Vegas.

Another touring production that will open in the spring of 2014 in Montreal is also in the works.

Cirque's performances have played to an estimated 15 million people since it was founded by street performer Guy Laliberté in 1984.

It has undertaken several years of unprecedented expansion amid the world economic meltdown in 2008 but has been forced to close four shows in the last couple of years.

Zed, which was playing to solid audiences at Tokyo Disney, ran from 2008 to 2011, when it was retired in the aftermath of an earthquake and tsunami that hit Japan. The popular Saltimbanco, which originally ran from 1992 to 2006, ended last year after a new tour.

Performers from Cirque du soleil perform onstage during the 84th annual Academy Awards last year in Hollywood. Despite a boom year in revenue, Cirque says it will lay off workers due to a lack of profits. KEVIN WINTER/GETTY IMAGES

Viva Elvis, which got mixed reviews, ran from February 2010 in Las Vegas and wound up last August. Zaia, Cirque's first resident show in Asia, ran from 2008 until last year and recorded lacklustre attendance.

THE CANADIAN PRESS

Employment.
Those with disabilities overlooked, panel finds

Many companies are overlooking a talented pool of disabled workers, a government-commissioned panel has found.

The group found that almost 800,000 people with disabilities can work in Canada and almost half of them have post-secondary education.

Previous reports have found that even the disabled who have jobs are often dramatically underemployed.

The panel of private-sector employers was assembled to look at how to better match openings with the skills of workers with disabilities.

Their report says that when companies hire people with disabilities, no special accommodation is required in 57 per cent of cases. When arrangements are necessary, the average cost to the company is just $500.

The panel found a willingness to hire workers with disabilities, but that more education and training is needed. Mental-health disabilities were particularly problematic because employees have to admit to such disabilities to get accommodations.

THE CANADIAN PRESS

Boeing 787s grounded to check safety

Passengers leave All Nippon Airways' Boeing 787 after it made an emergency landing at Takamatsu airport in Japan, Wednesday. KYODO NEWS/THE ASSOCIATED PRESS

The FAA has grounded the Boeing 787 Dreamliner pending a safety check of the plane's lithium batteries.

For the second time in two weeks, a smoking or burning battery has been tied to an emergency aboard a 787.

Almost half of the 787s that have been delivered had been grounded for safety checks. And the latest incident raises the risk that the jet's electrical problems are more dangerous than previously thought.

It's a stunning setback for the Dreamliner, which was supposed to set a new standard for jet travel but has been beset for more than a week by one mishap after another. The two episodes involving batteries appear to be the most worrisome yet.

So far, no one has suggested that the plane's fundamental design can't be fixed. But it's unclear how much will need to be changed. The remedy could range from relatively easy improvements to more extensive changes that could delay deliveries just as Boeing is trying to speed production up.

The 787s are a key part of Air Canada's strategy to grow its capacity and profitability.

On Wednesday, Japan's All Nippon Airways said pilots smelled something burning and received a warning message while flying to Tokyo. They made an emergency landing and passengers evacuated.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.41¢ (-0.21¢)

TSX 12,608.82 (-33.15)

OIL $94.24 US (+96¢)

GOLD $1,683.20 US (-70¢)

Natural gas: $3.44 US (-2¢)
Dow Jones: 13,511.23 (-23.66)

Charge it

Visa OK's RIM's phone-payment technology

BlackBerry users will soon be able to charge purchases at the cash register to their Visa cards using the company's new smartphones.

Research In Motion's encrypted mobile-payment technology will securely link BlackBerrys to bank accounts and credit cards.

The announcement makes RIM a prominent player in the growing market for mobile payments.

THE CANADIAN PRESS

Brand Finance

Banks rank as Canada's most valuable brands

Canadian banks continue to come out on top as the country's most valuable brands while energy and resource companies saw a notable decline last year, according to Brand Finance Canada.

The list released Wednesday named TD Bank as the most valuable brand with a worth of $10.4 billion. RBC, Scotiabank, Bank of Montreal and Bell rounded out the top five.

THE CANADIAN PRESS

Foreclosure abuse

Morgan Stanley, Goldman to pay $557M to settle

Goldman Sachs and Morgan Stanley will pay a combined $557 million US to settle federal complaints that they wrongfully foreclosed on homeowners who should have been allowed to stay in their homes.

The agreements were similar to deals struck this month with 10 other major banks and mortgage lenders. Combined, the 12 firms will pay more than $9 billion US. THE ASSOCIATED PRESS

FAST DENTURES
LET US PUT A SMILE ON YOUR FACE!
(204)-947-1807
Room 702 Boyd Medical Centre
388 Portage Avenue
FULL & PARTIAL DENTURES • RELINES & REPAIRS WHILE YOU WAIT

GET YOUR FLU SHOT, JACKASS

HE SAYS...
John Mazerolle
metronews.ca

Flu season might seem like it's almost come and gone, but there's still time to get a flu shot, you big jerk.

Yeah, you heard me.

I'm insulting those of you who haven't received your flu shots yet — you doofuses or, if you prefer, doofii — because I figure if you haven't been jabbed yet, you're probably not going to get the late-but-still-effective poke due only to the gentle prodding of health-care providers. What you need is someone to needle you.

So get a flu shot, jackass.

And make no mistake: By not getting a flu shot you're being a jackass — a risk-taking, disease-spreading, conspiracy-minded (or maybe just lazy) jackass.

Take one for the team

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Here's what I think: If you don't get your flu shot, maybe you're not that bright. Maybe you're the type of person who snickers when they read that something was published in the Annals of Family Medicine.

Or maybe you base your health decisions on a YouTube video of a 1993 news report showing that a lone person in Iowa once got sick from a flu shot, which always makes me wonder what you think of, you know, food — what with the choking and the poisoning and the parasites.

Or maybe you're the sort of person who reads this TMZ tweet — "Hugh Jackman (says) flu shots don't work. Center for disease control says otherwise. Which side do you believe?" — and hasn't answered by the time they've read "Jackman."

Or maybe you just haven't gotten a flu shot because you're a sensible person who hasn't gotten around to it. Fine. Then here's why you need to get it:

- **The flu shot helps.** Estimates this year are that it cuts your risk in half. That means I'm 50 per cent less dangerous than you are and 3,000 per cent more intelligent.
- **The flu shot is necessary.** You can't get by just with hand-washing — not in a cruel, unsanitary world where many public bathrooms still have that towel-imitating cloth-thing that dangles down from a dispenser daring you to touch it. Most people just frown at it, their hands dripping, wondering what heinous acts might have been performed on it, only to leave it there, filthy, yet probably touched only 15 times, tops, since it was installed in 1973.
- **The flu shot saves lives.** Thousands — tens of thousands — of people die on average every year in North America because of the flu, and like most illnesses, it's particularly harsh on our most vulnerable, including our humour columnists, who don't get paid if they're too sick to go to work.

So I'm not trying to be holier-than-thou. I'm trying to drive home that I don't want the old, the young and infirm to get sick or worse, because they caught the flu from selfish, crazy you. In other words, I only complain because I care about you, want the best for you and, yes, maybe even love you.

You jackass.

Go on, get your flu shot. JESSICA KOURKOUNIS/GETTY IMAGES

A storm is a-brewin'

DAIMLER AG/CONTRIBUTED

Man-made weather

Artificial tornado fights fires indoors

It's famous worldwide for making robust Mercedes cars, and now German automobile producer Daimler seems adept at making weather. The Mercedes-Benz Museum in Stuttgart houses "the world's strongest artificially generated tornado." The 34.4-metre-high cyclone serves to eliminate smoke in the event of a fire. METRO

Artificial tornadoes

Energy firm could whip up a storm

Apart from quelling fires, man-made tornadoes could be used in producing energy. Canadian firm AVEtec Energy Corporation has developed a four-metre-diameter prototype that is designed to produce a 40-metre-high cyclone. The vortex would capture mechanical energy produced when heat is carried upward by convection in the atmosphere. METRO

Faking it

Man creates clouds for art's sake

Artificial weather phenomena has also entered the realm of the art world.

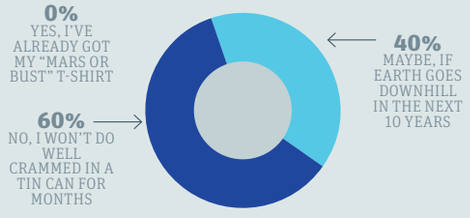
Dutch artist Berndnaut Smilde has created miniature clouds using a smoke machine, combined with indoor moisture and dramatic lighting to create an indoor cloud effect.

Smilde has described it as a "cartoon-like visualization of bad luck." METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be applying for a one-way trip to Mars in 2023 with the Mars One project?


0%
YES, I'VE ALREADY GOT MY "MARS OR BUST" T-SHIRT
60%
NO, I WON'T DO WELL CRAMMED IN A TIN CAN FOR MONTHS
40%
MAYBE, IF EARTH GOES DOWNHILL IN THE NEXT 10 YEARS

Twitter

@YankeeSantos: Spent 15 bucks for taxi today because there were no freakin' buses. Like what the he-- is going on with the bus system here. #winnipeg

@JJ_Power97: Not to sound like you mom, but it's really slippery & lots of people have been in car accidents today. Also, wear clean underwear. #Winnipeg

@GeeFee3: #WhatHurtsTheMost Those burns you get from a gym floor.

@tipsaXo: Eugh my hair smells like flat iron

@tarynborgford: #WhatHurtsTheMost CHILDBIRTH. DONE.

@Danielthomas888: Thought I was gonna get fired for showing up five minutes late to work. People are crazy

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • Fax: 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

Six years after calling it quits, Edmonton's progressive punks Choke reunite for a Canadian tour. SUPPLIED

Prog punk-rockers Choke return from the dead

Dead Band Rocking.
Group gets a fresh perspective by revisiting old material

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Edmonton progressive punk band Choke is breathing again, reunited for an eight-date Canadian tour, aptly titled Dead Band Rocking.

After 13 years, seven albums and tours with the likes of Bad Religion and No Use for a Name, Choke called it quits in 2007. It was an amicable breakup, its members — vocalist/guitarist Shawn Moncrieff, bassist Clay Shea, guitarist Jack Jaggard and drummer Stefan Levasseur — citing jobs, money, time and life in general for its decision not to continue.

Then, last summer, the boys learned they were losing Choke's long-time Edmonton rehearsal space.

"We always said we'd throw a big party if that happened and try to get a bunch of the bands that had jammed there over the years," Shea, 37, says. "It just happened that Stefan, who has been living in Vancouver for the last six years, was coming into town and was going to be there, so we played a short impromptu Choke set of five songs."

It was official, Choke had been Heimliched. While there aren't any plans for new music, Shea says the band is having a blast revisiting its back catalogue, especially older albums like 1998's Needless to Say and 1999's Foreword.

"When the band was active, we'd nitpick about things. Now, pulling these songs out and listening to them with fresh ears, we're not being so judgemental about ourselves," Shea says. "Instead of saying, 'We should have done this better', we're listening to the songs for what they are."

Revisiting is one thing, relearning is another. Choke was known to incorporate jazz and metal influences into its speedy punk rock sound, resulting in complex riffing and odd time signatures.

"Rehearsing for this tour, we'd throw an album on to go through the songs and it's like, 'Oh my God. Why the hell were we playing so fast? What was the rush?'" Shea says. "It was a bit intimidating, just an onslaught of drums and guitar shredding, but by the third time rehearsing the songs, muscle memory kicks in. That shit doesn't go away."

Choke kicks off its Dead Band Rocking tour in Winnipeg on Wednesday at the West End Cultural Centre. Locals Brilliant Bastards and Up 'n' Atom open the show. Tickets are $13 at the WECC, Music Trader, the Winnipeg Folk Festival Music Store and Ticketmaster or $17 at the door. Showtime is 8 p.m.

Search over 50,000 used cars, fast and free.
Looking to find that perfect used vehicle?
With daily updates and advanced search features, AutoCatch.com provides detailed search results fast!
autocatch.com

Boys beware, the Girls are back in town

HBO show. Lena Dunham speaks about keeping her creative process clear of the expectations of fans and the network

MEREDITH ENGEL
Metro World News

Lena Dunham and Jemima Kirke star in the smash hit series Girls on HBO. JESSICA MIGLIO

We're sitting across from Lena Dunham, comparing chipped manicures. In that moment, it's almost as if she's just your average 26-year-old. But Dunham — the creator, director, executive producer, writer and star of HBO's wildly successful Girls — is anything but.

Last season, critics and viewers alike were smitten with Dunham's fresh take on the lives of 20-somethings in New York City. As she put together Season 2, which is now airing, Dunham says she wasn't fazed by everyone's expectations.

"I know that would be an easy emotion to get in touch with if you let it run wild, but I really wanted to keep the environment safe for everyone on set," she says.

"I really wanted to also not start using Twitter or fan reaction to sculpt the story. You want to keep everyone engaged and give them what they came for, but you need to push for it creatively."

Inside her creative bubble, Dunham can steer clear of what people are saying about the show.

"I tried to keep a lot of it out. It's hard, obviously — all the sort of, like, sociopolitical debate around it gets exhausting," she says, acknowledging somewhat the criticism about a lack of diversity in the cast.

"You want to satisfy everyone but also keep yourself safe from that kind of constant scrutiny."

But she did appreciate the positive notes she received from viewers.

"It's nice to know which characters people respond to, and that people are excited about the Hannah/Adam relationship, and I wanted to push that forward," she says. "But I felt lucky that I was still able to stay isolated and just keep moving."

And keep the show moving she does.

This season brings a new boyfriend for Hannah and new work problems for Marnie, plus life adjustments for the recently wed Jessa and newly de-virginized Shoshanna.

And though the characters are in a constant state of 20-something flux, Dunham does think that one of her girls has herself figured out a bit more than the others.

"It's funny, I used to think it was Marnie — that seemed like the obvious answer," Dunham says of the preppy art gallery employee.

"But I'm gonna say something crazy, which is that in some ways I think Jessa is, like, the most self-actualized person. She is so in touch with her core that it's like, yes, sometimes she goes off to France without notice, but that's because she's in touch with the part of herself that isn't happy where she is."

Wherever the characters find themselves this season, viewers can expect at least one thing: envelope-pushing. Says Dunham,

"I think we actually got a little more experimental because we kind of felt like, let's push this even further."

Quoted

"She is so in touch with her core that it's like, yes, sometimes she goes off to France without notice, but that's because she's in touch with the part of herself that isn't happy where she is."

Lena Dunham
Speaking about the preppy art gallery employee on Girls

MANITOBA LOTTERIES PRESENTS
MAINSTAGE ENTERTAINMENT
AT McPHILLIPS STATION CASINO

FEB 19 TICKETS $25* & $30* OR $60* VIP DINNER & SHOW ON SALE NOW!

MAR 24 & 25 TICKETS $45* & $55* ON SALE NOW!

See a complete listing of our upcoming shows at
www.casinosofwinnipeg.com
Follow us on

* Prices subject to taxes and fees. All seating is reserved.
All shows at 8pm unless otherwise indicated.
VIP dinners at 6pm.
Tickets are available at the casinos, charge by phone at 1-855-985-5000 or order online at ticketmaster.ca
Patrons must be 18 years of age or older. Photo ID may be required.

McPhillips Station CASINO

Interview. The ongoing balancing act of Andrew Rannell

HBO's star of Girls and NBC's The New Normal Andrew Rannells speaks to Metro about switching gears between two shows, tough bosses and dishes on working on the shows.

You're on Girls as well as NBC's The New Normal.
Totally different shows. ... Girls could not be more different and so exciting.

And Girls is your first show?
I mean, truth be told, I did one episode of Sex and the City as a headless stripper. It was when Charlotte started having sex with Harry and Mario Cantone takes Charlotte to a gay bar and the scene starts, like, on a naked torso and it's mine. But I don't really count that because Girls was the first time I actually got to speak on television. You actually saw my face.

Is it hard switching gears between the two shows?
Initially it was a little tricky because I get to improvise a little bit over (at) The New Normal, and my instinct is always to curse, which (on Girls) was completely acceptable, and not at NBC. I remember improvising something — I was like 'Well, that's f—ed,' and then they looked at me like, "Andrew, you can't."

Who is the tougher boss: Lena Dunham, or New Normal director Ryan Murphy?
I wouldn't say either of them are tough. They're actually really similar in a lot of ways. They both have really clear visions of what they really want, which is awesome to work with. Theatrically, with my experience, you can work with people who are kind of trying to figure it out and that gets a little tedious because then you feel like you're just spit-balling forever. But Lena and Ryan both have such clear visions of what they do and such a strong sense of what their voice is that it makes it really easy to get on board with their vision.

MEREDITH ENGEL/ METRO WORLD NEWS

Frank Ocean. GETTY IMAGES

Ocean among GLAAD Media nominees

GLAAD has named the film Cloud Atlas, AMC's reality show Small Town Security, and the New Yorker magazine among its nominees for the 24th Annual GLAAD Media Awards.

The Gay & Lesbian Alliance Against Defamation announced on Wednesday 120 nominees in English-language categories and 33 nominees in Spanish-language categories.

Other nominees include the NBC shows Smash and The New Normal, Frank Ocean for his Channel Orange album, the magazine People en Espanol, and Oprah Winfrey's interview with Neil Patrick Harris and partner David Burtka.

The awards are meant to recognize and honour media for outstanding images of the gay and lesbian community.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Tattoo number two for Bieber in 2013

Justin Bieber's tattoo habit is insatiable. The 18-year-old singer has already gotten his second piece of body art of 2013, a set of Roman numerals across his collarbone, as revealed in an Instagram photo he posted of himself and producer Jamal Rashid, who got the matching digits on his bicep. In a comment on the photo, Rashid claims the numerals, "I IX VII V," stand for 1975 and have some spiritual meaning, though Bieber hasn't offered an explanation as to the meaning. In any event, if it's meant to be the year 1975, it should be "MCMLXXV."

Justin Bieber. ALL IMAGES GETTY

Lindsay Lohan

Lohan 'caused $50,000 worth of hotel damages'

Lindsay Lohan reportedly did enough damage to her room at the W Hotel in New York's Union Square last summer that she's no longer welcome in the hotel, according to Us Weekly. "Her suite had so many cigarette burns, they had to change all the carpets. She did at least $50,000 worth of damage while partying," a source says. "She is not allowed back at any W hotel in NYC, ever."

The Word

Prince Harry named world's most eligible bachelor

He may be trouble-prone and lack his older brother's line of ascent to the British throne, but Prince Harry still beats out George Clooney to be named Town & Country magazine's Most Eligible Bachelor in the World for 2013. "He's the wild-card royal, the naughty one, the one who goes out with women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best," the magazine's editors say. "Harry might not possess a towering intellect — he was a lackadaisical student at Eton, and he skipped university to go to Sandhurst, the English equivalent of West Point — but he is cooler and more appealing than his older brother, sweet as William undoubtedly is."

Twitter

@ElizabethHurley
Oh Lord, the rain.....

@ricky_martin
No matter how baddass you are, if a child hands you a plastic phone, you answer it

@ladygaga
So proud of @justinbieber and all the Beliebers! I'm only happy to see your fans growing in size, you all deserve it! Monsters support you!

@SteveMartinToGo
I'm tired, yet I still tweet

Elton John and David Furnish.

Elton John and husband David Furnish celebrate birth of second child

Elton John and David Furnish are parents once again, welcoming their second son, Elijah Joseph Daniel Furnish-John via surrogate late last week in Los Angeles, the singer announced on his website. "Both of us have longed to have children, but the reality that we now have two sons is almost unbelievable," John and Furnish tell Hello! magazine. "The birth of our second son completes our family in a most precious and perfect way. It is difficult to fully express how we are feeling at this time; we are just overwhelmed with happiness and excitement." The boy's birth comes just one day after John's rep was flatly denying reports that the couple was expecting another child.

Get
18,500
SHOPPERS OPTIMUM BONUS POINTS®
WHEN YOU SPEND $75 OR MORE ON ALMOST ANYTHING IN THE STORE.*

SATURDAY, JANUARY 19 TO TUESDAY, JANUARY 22

THAT'S A $25 SAVINGS VALUE!

FREE feels good™

SHOPPERS DRUG MART

*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. ® 911979 Alberta Ltd.

ANNASOPHIA

In The Carrie Diaries, the television prequel to Sex and the City, AnnaSophia Robb stars as a 16-year-old, pre-Manolo, pre-Big Carrie Bradshaw — in 1984. But unlike the fashion-obsessed icon she plays on screen, Robb has a low-maintenance approach to makeup and clothes.

STEPPING INTO ONE STYLISH PAIR OF SHOES

ROMINA McGUINNESS
life@metronews.ca

On putting the makeup on ... and taking it off

"I don't really wear makeup anymore. I kind of stopped because when I'm working, I have it on for up to 15 hours a day. So on the weekends or before work, I only put on moisturizer."

'80s makeup — yay or nay?

"Eighties makeup was just a bunch of colours and crazy neon. I don't know if I love it. The blush was really strong and bright and if you didn't have the skin tone to pull it off, it was way too heavy. But, if you put a piece of paper on your cheek to create that hard, drastic line, that look can be fun."

Her beauty mantra

"Look after your eyebrows! I was given an eyebrow brush on a job once that I still use to this day. My friends make fun of me, but I love it. When I was younger my mother taught me how to apply blush. Get it wrong and there'll be way too much colour and you'll just look warm. Using bronzer is best."

The secret to nailing Carrie's hair: a wig

"I naturally have straight hair, which takes about two hours to curl, so it's faster for me to wear a wig. Carrie wears a lot of updos on the show, so we've been able to use a lot of fun accessories, banana clips and pins."

If she could raid one SATC closet she'd choose...

"Carrie's. I loved the skirts. She has a wild sense of style."

He's Daman. Designer takes couture-loving character back in time

Eric Daman worked with Pat Field to dress Carrie Bradshaw for Sex and the City. Now, the costume designer's dressing her again, albeit a teenage, 1980s version, in the prequel The Carrie Diaries. He talks about how he created the wardrobe for her teenage, 1980s life in The Carrie Diaries.

The wardrobe was such an important part of Sex and the City, it was practically its own character. How much pressure did you feel sourcing the young Carrie's closet for the new show?

I was actually quite stressed out by the thought of having to take on such an overwhelming task. But I was elated to be able to breathe new life into such an amazing fashion icon. The best part of it for me is being about to relive my coming of age '80s angst, from when I was a teen in the Midwest dreaming of a life in New York City.

You've worked with both Carrie and AnnaSophia Robb. How do they differ in their approach to her fashion choices?

The approaches are very different. We have to remember that this Carrie is a teenager who goes to public school. She will stay true to her idiosyncratic style, not giving in to pre-determined trends but making her own. So in that sense, there's a similarity.

ROMINA MCGUINNESS/METRO

Carrie's keepsakes

Carrie was known for that name plate necklace and her Manolos. What are some of the key accessories and clothing items you're using on the show right now?

- "A personalized Carrie bag from Mark Cross, a "C" initial pendant from Alex Woo and a black polka dot party dress (an original vintage Scasi from the '80s) that she wears for her first night out in New York."

Eric Daman is also known for styling the cast of Gossip Girl. PROVIDED

Take a peek inside of AnnaSophia's makeup bag

L'Occitane

Rose 4 Reines velvet hand cream
"My hands are always so dry. I love this cream."
$22, loccitane.com

Pangea Organics

Pyrenees Lavender with Cardamom lip balm
"My best friend turned me on to this one."
$12, pangeaorganics.com

L'Oreal

Mascara and stand brush
"This one is awesome because you can cover your entire lash without it getting clunky."
$22, loreal.com

Lavanila

The Healthy Roller Ball Pure Vanilla
$19, lavanila.com
"I wear lots of different scents. Right now it's Signorina by Salvatore Ferragamo and Covet by Sarah Jessica Parker. But I usually carry roll-on perfume — just in case. My Lavanila stays on and smells holiday-esque."

Bare Minerals

Original SPF 15 Foundation
"I don't like wearing makeup on my face. But when I do, I don't want anything heavy so I use powder foundation."
$27, bareescentuals.com

metro
WEDDING PLANNER
Thursday, January 17, 2013

Mikaella Bridal all lace gown. MIKAELLA BRIDAL PHOTO

Paloma Blanca illusion neckline gown. PALOMA BLANCA PHOTO

Mikaella Bridal ruffle skirt gown. MIKAELLA BRIDAL PHOTO

Iconic white dress

Styles of 2013 wedding gowns draw on traditional shapes and fabrics

STEPHANIE ORFORD
For Metro

The bride in a white dress is an icon in our culture. Though the wedding may be a very public affair, the dress is a very personal decision. Luckily, there are styles out there to suit every taste.

"We really grow the styles from season to season," says Penina Levinson, fashion co-ordinator at Paloma Blanca, a Toronto-based wedding gown design house, and its sister line Mikaella Bridal.

The styles of 2013 draw on traditional shapes and fabrics.

Lace

This intricate fabric is hip again, lending subtle pattern and texture to this year's wedding gowns. At once concealing and revealing, lace can be used in many ways.

Levinson cites ways to update the look of traditional lace, such as lining it with a different colour to make the lace pattern "pop out."

Paloma Blanca gowns this season use lace in several different ways. On a fitted gown with a sweetheart neckline, lace draws attention to the body's curves. A dress with a ruched lace bodice defines the waist with a ribbon.

Many of Paloma Blanca's veils and boleros have lace edging that complement the dress.

Ruffles

Paloma Blanca has incorporated ruffles into its dresses since 2010, "but they've been redeveloped every season," says Levinson. In 2013, a loose, lightweight ruffle adds volume to skirts, combining with curve-hugging bodices and waist-defining ribbons to create a feminine silhouette.

"You have kind of your classic ball gown in the shape, but it's a little more fun and flirty and young," Levinson says.

Peplum

Currently cropping up in casual dresses, shirts and jackets for women, the peplum has made its way into bridal fashion, "for a fashion forward bride," Levinson says. The style creates a flare outward from the waist to the hip.

"It makes your waist look tiny," Levinson says.

People can be intimidated by the bold style, she says, "but once they try it on it looks really good on."

Keyhole Backs

This dress style provides an elegant way to balance out covered shoulders by revealing something else — the back.

In a keyhole back, sheer shoulder coverings button at the top of the back and open up in a window below.

"If somebody wanted a little coverage for the ceremony, this is an interesting way to be able to do it," Levinson says.

Regardless of the style, a wedding gown should always fit snugly, especially if it's strapless, Levinson advises. "But most of all a dress should make the bride feel beautiful and like a queen."

The Paloma Blanca peplum gown. Currently cropping up in casual dresses, shirts and jackets for women, the peplum has made its way into bridal fashion.

Mikaella Bridal all lace keyhole back gown. MIKAELLA BRIDAL PHOTO

Paloma Blanca all-lace gown. Lace is hip again, lending subtle pattern and texture to this year's wedding gowns.

C.k. Ly
FASHION & BRIDAL
"MAKE UR YOUR FIRST & LAST STOP"
389 Graham Ave 204-582-0378
info@cklyfashion.com www.cklyfashion.com
DESIGNER SAMPLE WEDDING GOWNS
ALL STOCK UP TO 80% OFF
PROM GOWNS
ALL STOCK UP TO 50% OFF
ON SALE NOW UNTIL JANUARY 26TH 2013

Choose the perfect place

STEPHANIE ORFORD
For Metro

Whether you want to get married on a tropical beach or get hitched in your hometown, each type has its own challenges. ISTOCKPHOTO/THINKSTOCK

Barefoot wedding vows on a tropical beach. Sound ideal? A destination wedding can be a romantic getaway, but getting hitched in your hometown can be just as sublime, according to Mary Swaffield, president and lead wedding planner at Lavish Weddings, based in Calgary.

Each type of wedding has its own challenges.

Destination weddings

A getaway wedding is a fabulous escape. Add to that the breathtaking scenery and fun local décor, food and drinks, and you have yourself a pretty memorable party.

A destination wedding can be less expensive for the happy couple than a hometown wedding, but there may be strings attached, says Swaffield. In-house wedding planners at resorts aren't paid directly by the wedding party. Instead, they earn commission from the resort.

This means that guests can end up paying a lot more at a resort than they would at a hometown wedding, Swaffield says.

When it comes to decor, food, and entertainment, all-inclusive resorts tend to offer all-inclusive weddings with a limited range of choices. This can save the couple stress, but it can also be a little cookie-cutter.

Swaffield advises finding external vendors and venues to provide a better range of choice and better deals.

Hometown weddings

There's enough unpredictability (and excitement) at any wedding without the added complications of long-distance planning, travel and language barriers that a destination wedding can bring, Swaffield says.

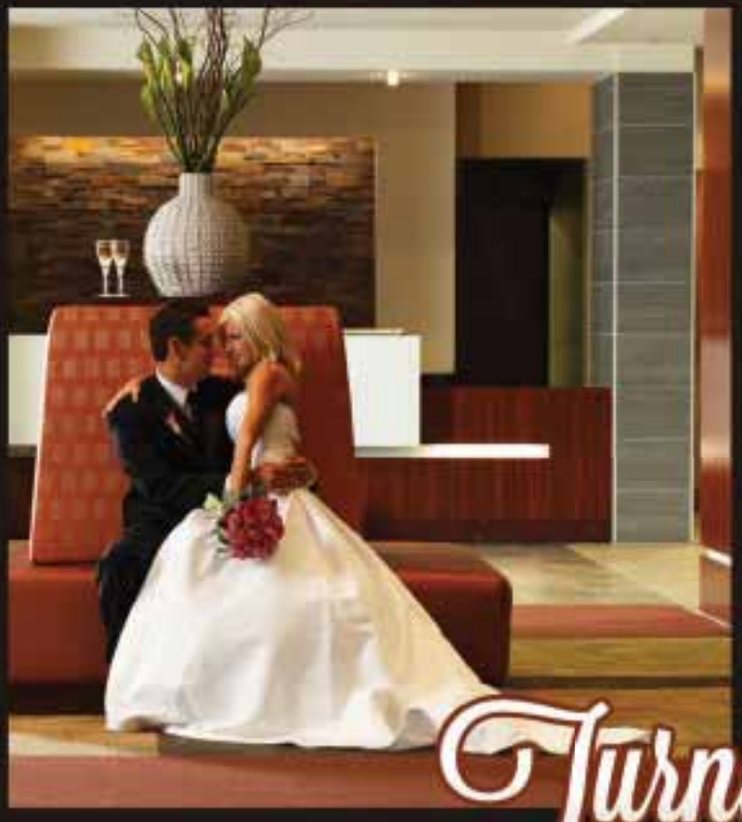
Getting married in your hometown also allows for a longer guest list, which prevents the hurt feelings that happen when potential guests don't make the short list, as tends to happen with destination weddings, Swaffield says.

The challenge of more guests is a larger-scale event — a larger venue and more food, drinks and party favours. Thankfully, in your hometown there's often a greater range of options at many price points. But make sure you plan well ahead of time.

"People struggle really hard to find great venues," Swaffield says, adding that good locations book up 12 to 18 months in advance. Keeping the guest list to less than 150 and choosing a non-Saturday for the event will help, too, she says.

Whether you choose a destination or a hometown wedding, planning ahead is key to minimizing stress and making the most of your special day.

THE Wonderful Wedding SHOW
Win a Dream Wedding!
Like Us on Facebook and be Eligible for Exclusive Special Offers & Contests!
Facebook.com/WonderfulWeddingShow
JANUARY 19 & 20, 2013
WINNIPEG CONVENTION CENTRE
• Brides Lounge • Grooms Lounge
• Inspiration Gallery • Bride Beauty Bar
PHOTO BY LANI ELIAS FINE ART PHOTOGRAPHY
wonderfulweddingshow.com
Presented by the Bay
The Free Press We're there for you
weddingbells
ticketmaster.ca
Produced by SHOWTIME PRODUCTIONS INC.



Turning Ordinary In to Extraordinary

RAMADA®
VISCOUNT GORT HOTEL

1670 Portage Avenue
Winnipeg, Manitoba, Canada

Phone: **204.775.0451**
Reservations: **800.665.1122**
www.viscount-gort.com

receive complementary chair covers quoting reference code METROBRIDE upon booking

6 truths about your wedding day

KATE DRUMMOND
2 For Couples

It's hard to know what to expect for your own wedding until the glorious day arrives. JUPITERIMAGES/POLKA DOT/THINKSTOCK

You can look at countless wedding photos online, but it's hard to know what to expect for your own wedding until the glorious day arrives and you are actually experiencing it.

Here are six helpful truths about your wedding day that you won't learn from the pretty pics on Pinterest.

1 You Won't Get Much Sleep The Night Before. Nerves and off-the-charts giddiness will leave you tossing and turning the night before your wedding and you will likely wake up before sunrise. You will need some sleep, so skip the post-rehearsal dinner drinks with your friends and head to bed.

2 You Will Need A Nice Hanger For Your Gown. Your photographer will want shots of your gown before you step into it and there's no way a cheap wire hanger from the dry cleaners will do. We love these handmade, customizable hangers from Etsy — they are an adorable keepsake and they photograph beautifully.

3 Your Dress Will Get Dirty. This truth is hard to swallow, but the bottom of your pristine gown will get dirty and possibly even damaged after a day of walking outside, posing for photos and dancing. Try to keep it as clean as possible before the photos and ceremony. Once you are at the reception, you will be so happy that you won't care about a bit of dirt on your skirt.

4 You Will Cry (At Least Once). But they will be happy tears. With so many special moments between you and your sweetie and the overall significance of the day, you will likely cry at least once. Throw in touching speeches from friends, family and your new spouse and you are left with lots of opportunities to shed a sweet tear or two. This is why waterproof mascara is your friend.

5 You Won't Believe How Quickly It Goes By. After months of wedding planning, it's easy to fall into a forward-thinking frame of mind, always focusing on the future and imagining the details of your big day. Well, this is it. Your big day is here. So be present, enjoy all of the love-filled moments, gush over the beautiful cake and decor details, smile lots and soak up that magical feeling. You can't slow down time, but the day won't fly by quite so quickly if you stay in the moment.

6 You Will Be Overwhelmed With Love and Happiness. It's an indescribably heartwarming feeling to realize that so many people have come to celebrate you and your spouse and your expression of love and commitment to each other. At the reception, take a minute with your groom to step back and take a look at the room, at all of the wonderful friends and family who have come to share such a special day with you.

FOR WEDDING PLANNING ON THE GO, GET THE WEDDINGS BY 2 FOR COUPLES IPHONE APP ON THE APP STORE.

Save a buck or two on your special day

KATE DRUMMOND
2 For Couples

"Planning an affordable wedding doesn't mean it has to be cheap," says Jessica Bianchi, the budget-balancing founder of ThriftyBrideToBe.com.

Along with money-saving tips and wedding-related classifieds, the website offers creative solutions for brides who say "I do" to saving a buck or two, whether it's on their entire wedding or certain aspects of it. Splurging on those killer Manolos might mean scrimping elsewhere.

Here are some surprising and creative money-saving tips from Bianchi.

Gown: When it comes to wedding dresses, "consignment" isn't code for a gaudy explosion of taffeta from the 1980s. Consignment boutiques carry many gowns that have never been worn because the wedding never happened or because the bride found a second gown that she liked better. You can get unworn or gently worn dresses for up to 80 per cent off the original purchase price.

Flowers: Carrying a brooch bouquet made of beautiful costume jewelry that you collect from your relatives (your something borrowed) or vintage boutiques (your something old) is a stunning alternative to fresh flowers. It's unique, personal and you don't have to worry about wilted or discoloured blooms.

Wine: Scope out local brew-on-premises wine facilities, where you can buy wine for as little as $3 per bottle. If your venue lets you buy your own wine, you can put a bottle of red and a bottle of white on each table. Create custom labels for an added personal touch.

Cake: Multi-tiered wedding cakes look fabulous in photos. But let's face it, people don't really eat the cake and many venues charge exorbitant fees to slice and plate a piece for each guest. Rather than forgoing your dream of a three-tiered cake, ask your baker to use faux slabs for the bottom tiers. These will be covered in fondant and decorated to look real, but only the top layer will be edible; that's the part that you and your groom will cut and can keep if you wish.

GET THE ULTIMATE WEDDING PLANNER IPAD APP BY 2 FOR COUPLES ON THE APP STORE.

Forget the soups and stews, how about some fresh cannelloni?

If you haven't used your slow cooker for baked pasta dishes, you'll find they turn out well due to the slow gentle heat. Use oven-ready cannelloni for this recipe from Best of Bridge Slow Cooker Cookbook. It stands up better to the long, moist cooking than fresh or regular dried pasta.

1. Grease insert of a 3 1/2- to 4-quart slow cooker.

2. In a bowl, whisk together tomato sauce and milk. Spread 250 ml (1 cup) of the sauce mixture in bottom of slow cooker.

3. In another bowl, whisk together salt, nutmeg, pepper, egg, ricotta and Parmesan. Stir in sweet potato and spinach. Using fingers, fill cannelloni shells with ricotta mixture. Place filled shells side by side in slow cooker, making 2 layers if necessary. Pour remaining sauce over shells.

4. Cover and cook on low for about 6 hours or on high for about 3 hours, until bubbling.

Ingredients

- 750 ml (3 cups) tomato sauce
- 250 ml (1 cup) evaporated milk
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground nutmeg
- 0.5 ml (1/8 tsp) pepper
- 1 egg, lightly beaten
- 300 ml (1 1/4 cups) ricotta cheese
- 50 ml (1/4 cup) grated Parmesan cheese
- 300 ml (1 1/4 cups) grated peeled sweet potato
- 250 ml (1 cup) packed baby spinach, chopped
- 12 oven-ready cannelloni shells
- 250 ml (1 cup) shredded mozzarella cheese

Sprinkle with mozzarella. Cover and cook on high for about 15 minutes or until mozzarella is melted. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS**

Sweet Potato Cannelloni

This recipe serves four. THE CANADIAN PRESS H/O

Cookbook of the Week

Slow it right down

Sally Vaughan-Johnston and Best of Bridge are back with this collection of recipes specifically for the slow cooker.

Full of dishes that make meal preparation quick and easy, with ingredients that can be found at any local supermarket across North America, this collection features everything from the perfect choice for your next neighbourhood potluck to elegant appetizers, breakfast and brunch ideas to delectable desserts.

The recipes are categorized into: All-Day Breakfast; Nibbles, Dips and Drinks; Soups, Beef and Veal, Pork and Lamb, Chicken and Turkey, Meatless Mains, Sides and Accompaniments and Desserts. **METRO**

Make the slow cooker do part of the work

This recipe serves four. THE CANADIAN PRESS H/O

Your slow cooker can prepare part of a recipe. Here, the appliance is used for polenta, a versatile Italian grain dish made by cooking cornmeal in broth or water, which is then transformed into a hearty vegetarian entree. Start the Vegetable Polenta Casserole meal with a salad.

1. Grease insert of 3 1/2- to 4-quart slow cooker. Grease 33-by-23-cm (13-by-9-inch) baking dish. Place cornmeal, salt and pepper in prepared slow cooker. Gradually add boiling water, whisking constantly until blended. Cover and cook on low 2 to 3 hours, until liquid absorbs and cornmeal is tender.

2. Transfer slow cooker insert to a heat-resistant surface. Stir in cream cheese, 175 ml (3/4 cup) mozzarella and 50 ml (1/4 cup) Parmesan. Spread two-thirds of polenta in prepared baking dish; set aside.

3. Heat oven to 200 C (400 F). Then in skillet, heat oil over medium heat. Add onions, red pepper, garlic and mushrooms; cook, stirring occasionally, 5 minutes. Stir in pasta sauce. Spread over polenta in baking dish. Drop remaining polenta by spoonfuls over top. Sprinkle with remaining mozzarella and Parmesan. Bake, uncovered, for 25 mins., until heated through and browned. **BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012)/ THE CANADIAN PRESS**

Ingredients

- 250 ml (1 cup) cornmeal
- 2 ml (1/2 tsp) salt
- 0.5 ml (1/8 tsp) pepper
- 750 ml (3 cups) boiling water
- 125 g (4 oz) cream cheese, cubed and softened
- 250 ml (1 cup) shredded mozzarella cheese, divided
- 125 ml (1/2 cup) grated Parmesan cheese, divided
- 15 ml (1 tbsp) vegetable oil
- 2 onions, thinly sliced
- 1 red bell pepper, sliced
- 4 cloves garlic, minced
- 750 ml (3 cups) sliced mushrooms
- 500 ml (2 cups) tomato-based pasta sauce

Eyetech LASIK+ clinic
BOOK YOUR FREE CONSULTATION TODAY!
204-946-5595
250 Portage Ave.
Winnipeg
Price Match Guaranteed+*
We will match any competitor's price
Plus give you a $500 Coupon**
+* More Procedures
+* More Choices
+* Most experienced LASIK surgeon
**redeemable for goods & services at Eyetech Lasik Clinic
(Thermage, Fraxel, IPL Hair Removal, designer sun glasses & more).
Some restrictions apply.
"Come in and see the difference!!"
LASIK NOW & PAY IN 2014!*
"Better technogy for better vision"

This year's evil green decor trend

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Each new year the decor industry picks a single colour trend that will influence the home furnishings and fashion market.

Last year, the colour was called tango tangerine, a bright, pinkish-orange that was upbeat, fun and optimistic. We saw orange peek into some home decor accessories and used a lot in fashion over the last year.

This year, the new colour is emerald green. It's certainly an easier colour to incorporate into home decor than tango tangerine. This green is a throw-back to the glamourous '80s; when the dark jewel-toned colours reigned for that very short time.

Although green is a popular colour to decorate with, any deep colours other than neutrals are almost impossible to incorporate into our existing schemes. If emerald green is a colour you have always loved, then this is your year. For the rest, I say do not get caught up in the hoopla-ha of it all. In about 300 days there will a new colour introduced and perhaps that one will be more fitting to your decor style. If you want to give it a try, here's a few ways to incorporate the colour into your decor scheme.

Use it as the single colour in the room (mixed with an all-over neutral)
Pay homage to this year's trendiest colour by singling it out as the only colour in a room. An all-grey or beige room will come to life with bold uses of this rich green colour.

Go big and make everything emerald green
From carpet, paint colour and upholstery, choose variations of emerald green to create a jewel box of colour in a dining or guest room.

Use it as a little spark of colour
Not sure about emerald green? Perhaps a tiny investment of this colour will make you feel on-trend without committing to it for life. A small stone catch-all box, vase or a silk pillow might just do the trick.

Vibrant green walls look great when punctuated with fresh white or dramatic black. **Emerald Isle from Benjamin Moore Paint**

Emerald upholstery is a commitment best left to disposable slipcovers. **Photo: Supplied**

Ottoman Yama Patchwork Rug, $15/square foot

Emerald green works itself better into a room when mixed with other tones of similar colours. **eCarpetGallery.com**

Siirtolapuutarha Cushion, $59

A dash of green is the best way to implement this year's colour into your existing decor scheme. **EQ3.com**

Learn to avoid pesticides

What are the dirty dozen and the clean 15?
-Jen, Port Moody, B.C.

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The dirty dozen and the clean 15 refer respectively to the fruits and vegetables that are the most and least contaminated by pesticide use, according to the Environmental Working Group.

Why do we care?
Pesticides are toxic by design. Different pesticides have been linked to a variety of health problems, including hormone disruption, cancer and brain toxicity.

But for most people, switching to organic produce is a gradual process. Because organic foods tend to be more expensive than their counterparts, making informed choices in the produce aisle helps minimize pesticide consumption while keeping the budget in check.

Should you avoid the dirty dozen?
Absolutely not! Fresh fruits and vegetables are always a healthier choice than processed foods. Besides, non-organic processed foods are sure to contain a slough of chemicals too. Instead, let the guide dictate your allocation of organic verses non-organic purchases.

Why eat organic food?
All of this opens up a bigger discussion about the choice to eat organic food — and the reasons that not everyone does. Often, the decision comes down to bottom line.

Non-organic foods cost less money. But there are other costs — hidden costs — that have to be considered too. These include abstract factors like the cost of demanding more from the earth than it can produce and the long-term health costs associated with ingesting chemicals. Also included are tangible variables, like the government subsidization of industrial agriculture and our relative comfort (or discomfort) with foreign investment in commercial Canadian agriculture.

There are also ways to offset the increased out-of-pocket expense incurred by prioritizing organic foods.

Committing to cooking whole foods from scratch can largely counteract the cost of organic food purchases.

Change takes time. The dirty dozen and clean 15 lists are a resource to help you make the best choices for your health and for the earth, whatever your current budget or state of greenness.

Apples top the list of most likely to be contaminated by pesticide. ISTOCK IMAGES

Contamination list

The Dirty Dozen

Apples, celery, sweet bell peppers, peaches, strawberries, nectarines, grapes, spinach lettuce, cucumbers, blueberries, potatoes

The Clean 15

Onions, sweet corn, pineapples, avocado, cabbage, sweet peas, asparagus, mangoes, eggplant, kiwi, cantaloupe, sweet potatoes, grapefruit, watermelon, mushrooms

EDGEWOOD PLACE 204.777.5182 | 30 Guy Savoie Drive, Winnipeg

New 2 Bedroom Apartments for Rent!
Month to Month Rental Agreements | Pet Friendly
In-suite Laundry | Private Balcony

BROADSTREET PROPERTIES LTD. 1.866.RENT.515
Apply online at www.broadstreet.ca

Tips for making an artist's space both functional and inspirational

Work area. Whether you're a painter or a knit designer, the perfect creation starts with the perfect studio

An artist's workspace is as personal as the artwork.

Talk to different artists, and you'll get a variety of individual requirements for the spaces in which they create: Some need a lot of space, others very little. Some need quiet, others crank the music to deafening levels. There are those who want every piece of equipment in its place, and others who scatter their materials all over.

The common denominator? Each finds that personal blend of the functional and the inspirational.

"Once people define a designated space to do their art, it's a very important step on their journey as an artist," says Linda Blinn, editor of the quarterly magazine Studios. "It says, 'I think of myself as an artist.'"

Some artists carve creative space out of closets, armoires, laundry rooms and mudrooms, says Blinn, while others hire designers to create elaborate studios.

"You have to decide what you're going to do there and what you love," says Jo Packham, editor of Where Women Create, a quarterly magazine in which women write about their own creative spaces.

"I love containers. I love little bottles, and everything has to be very organized," Packham says about her own Ogden, Utah, studio.

Packham thinks a good table and chair are essential.

"It wears on you to sit a long time," she explains.

The fun part in planning an art studio is instilling personality and inspiration, which can show up in how things are organized. "Some people can't look at disorder. Everything has to be behind closed doors," says Blinn. "Other people need to see everything they've got, so it has to be out."

Packham likes to see her supplies, storing them in see-through boxes, and glass jars and bottles.

"If it's in a box, for me, it's gone," she says.

Lee Meredith, a knit designer, stores yarns, threads and fabric openly in cubbyholes and hanging shoe organizers. Her supplies are accessible, but they also provide colorful inspiration in the small studio in her Portland, Ore., home.

"I love colours and I love to be able to see all my yarn," says Meredith. "I love to see what will inspire me that day."

Meredith's yarn cubbies are made from Trader Joe's coffee cans covered in contact paper, glued together in two rows, then attached to the wall above her work station.

It's her most popular storage craft, she says, at her craft blog, Leethal.

"It's functional as an organizational tool, but it's really wall art," says Meredith. "It really stands out."

Mary Heebner is shown in her new studio in Santa Barbara, Calif. THE ASSOCIATED PRESS/MACDUFF EVERTON

Mary Heebner, a Santa Barbara, Calif., mixed-media painter, prefers a soothing studio space. The walls are white, the better for showcasing her art. She works in quiet, enjoys breaks in nature and needs a lot of floor and wall space. She'll start with a piece on the floor, then pin it to a nearby wall.

"I let the paint drizzle, use powdered pigments, mix paint directly on the surface of the paper," says Heebner. "Then something starts to coalesce."

The studio of Linda Blinn, editor of Studios magazine, is multi-functional. Blinn uses the shorter table while sitting, and the taller table when she needs to stand to do her mixed-media artwork. THE ASSOCIATED PRESS/INTERWEAVE/KARI BLINN

Her favourite piece of furniture keeps her organized: a table configured from four filing cabinets — the kind that store maps — with a combined 40 narrow drawers that are stacked in two columns and topped with galvanized metal.

THE ASSOCIATED PRESS

East Concordia Landing
Month to Month Apartment Rentals!
204.414.2421 | 525 Peguis St, Winnipeg, MB
Rental Office located at 1350 Concordia Ave

Beautiful brand new 1, 2 & 3 Bedroom Apartments
Pet Friendly | In-suite Laundry | Dishwasher | Powered Parking
Private Balcony | Live 24/7 help with our Client Care Centre
Close to Transit, Schools and Recreation

BROADSTREET PROPERTIES LTD. 1.866.RENT.515
Apply online at www.broadstreet.ca

Creekside Terrace
200 Burning Glass Road, Sage Creek, Winnipeg
204.415.3913

Month to Month Apartment Rentals!
2 Bedroom, 1 Bathroom • Pet Friendly
In-suite Laundry • Private Balcony • Dishwasher

BROADSTREET PROPERTIES LTD. 1.866.RENT.515
Apply online at www.broadstreet.ca

You don't need to rebuild your house from scratch — but winter is the perfect season for DIY projects. ISTOCK IMAGES

New year's resolution: make time to DIY

Your dream home.
With a small budget and minimal time, you can give every area in your home a face-lift

With cold weather in full swing, most of us spend our time indoors. So why not take that time to spruce up your living quarters so that they become a special retreat where you feel comfortable and cosy?

The littlest things can go the longest way in your home.

For Your Kitchen
The kitchen island is a popular element that won't be removed anytime soon from room designs.

To give your kitchen a makeover, consider changing the colour of your island by staining or painting it. A fun pop of colour or a classic neutral can change the whole look of the space for an instant update.

An easy way to make your kitchen more functional is to create a magnetic board for empty wall space.

Along with magnetic accessories, this can become a handy place to store everyday items, hang important notes or even reference recipes.

For Your House
An easy way to add instant, personalized decor to your home is to fill glass bowls or canisters with your favourite things.

They can then be displayed simply on coffee tables, bookshelves or anywhere that needs a touch of life.

Fill them with food like nuts, wrapped chocolates or fruit — or even with more personal items such as souvenirs from a recent trip.

Another simple way to add colour and life to your home is by taking advantage of simple frames.

Use leftover pieces of fabric or wallpaper in frames with basic white mats and you have an instant way to incorporate colour or pattern into a room.

For Your Yard
Just because your yard will be imminently covered in snow doesn't mean you can't think about the sunny days ahead! Use this indoor time to create a landscape plan for when the ground thaws.

Fill the area with consistent blooms throughout the year for a real retreat in your backyard.

If gardening isn't your interest, consider patio planning. Think through the perfect patio design for your backyard before implementing it during the warmer months.

Be sure to consider purpose, location, size and of course any fun extras and accessories that you want to include!

FOR EVEN MORE INSPIRATION AND TO SEE DREAM HOUSES BUILT FROM START TO FINISH, CATCH THE BRAND NEW SERIES RAISING HOUSE MONDAYS AT 9PM ET/PT ON DIY NETWORK CANADA.

TOILET
- Dual Flush Toilet (5 liter/4 liter)
- 800-1000 Toilet Flush Power (maximum)
- Modern Design High Efficiency
- Save up to 40% On Your Water Bill

ATTIC INSULATION
- Fiber Glass
- Upgrade to 17 inches (Building Code Recommendation For Energy Efficiency)
- Even the temperature Between Floors
- Protect Roof Prevent Molds
- Save Up to 15% On Your Energy Bill

Carrier

FURNACE
98% Efficiency
- Number One Brand
- Number One Consumers Choice
- More quiet More healthy
- Up to 98% effiency, D/C motor, Save 45% on your energy bill
- 10 years Parts and Labor and Lifetime Heat Exchanger Manufacturer Warranty

Special offer!
Combo 1: Furnace + Attic Insulation + Two Toilet = $29/m
Combo 2: Two Toilet + Attic Insulation = $7/m
Pays Program
Pay as you SAVE
Replace your furnace, toilet and attic insulation at no cost!
The monthly energy you SAVE will cover the entire monthly payment
GUARANTEED!

Ener Comfort Inc.
1123 Empress St.
Enercomfortmb@gmail.com
CALL US NOW!
Line 1: 204-951-3073
Line 2: 204-951-8611

*Manitoba Hydro offers insulation rebate to the qualified owner. **Winnipeg Water department offers $60/toilet rebate to the qualified owner.
*Ener comfort offers $100/toilet instant rebate to the buyer **Carrier manufacturer offers up to $1000 rebate to replace the furnace

4 SPORTS

Tennis

Cautious Serena eases to victory

Serena Williams walked on court cautiously and tried to keep the points short to avoid irritating her injured right ankle as she advanced to the third round at the Australian Open.

Summoning all the experience she's gained winning 15 major championships, including the last two in succession, Williams lifted her tempo when she absolutely had to — winning an 18-minute game to open the second set, finally cashing in on her fourth break point. Nineteen minutes later, she finished off a 6-2, 6-0 win Thursday over No. 112-ranked Garine Muguruza of Spain.

Apart from a swollen lip, after hitting herself in the face with her racket in the sixth game, the injury status wasn't bad.

"It feels better," Williams said of her ankle.

Defending champion Victoria Azarenka virtually danced onto Rod Laver Arena in the match before Willliams, and said she's starting to find some rhythm after beating Eleni Daniilidou 6-1, 6-0 in 55 minutes.

"I felt like I'm back into the competitive mode," she said. "I was really focused — that was for sure the best part of the game for me."

THE ASSOCIATED PRESS

Victoria Azarenka celebrates her win on Thursday.
THE ASSOCIATED PRESS

Jets look to bring 'A' game to 'D-zone'

NHL. Coach Noel trying to instill greater attention to defensive detail in sprint to season

The Winnipeg Jets know they have to improve their defensive play if they want to make the playoffs this season.

Jets coach Claude Noel is preaching defensive awareness at training camp as he works to cut down on opposition scoring opportunities.

"We're trying to make sure that we're defending either coming back into D-zone coverage, and our awareness of people in the zone, which we worked on today," he said Wednesday.

"And same with our positioning in the defensive zone, we're trying to make sure we're protecting certain areas of the ice and we're making sure we're not giving up good ... scoring opportunities from key areas."

The Jets gave up 245 goals last season, ranking them 26th in the league. Only the New York Islanders, Columbus, Toronto and Tampa Bay surrendered more.

Defenceman Tobias Enstrom, pretty well the most reliable player the Jets have in their own end, says they have to be better there and they also have to be better on the road.

"We have to be a lot better than last year," he said. "At home we're playing really well."

The Jets went 23-13-5 at the sold-out MTS Centre last season before screaming fans, but were just 37-35-10 overall because of their road woes.

"We've got to work more as a team," Enstrom said.

"We've got to play in both ends. I know we can score goals and everybody knows we can score goals so we've got to try and play a little bit better in our own end."

With a short training camp and a short season, however, he says there isn't a lot of time to try new things.

"I don't think we're going to get into a lot of changes from last year," he said.

"There will be some different stuff you might see out there but other than that I feel like we've got to stick with what we believe in and try to get everything going in the beginning."

THE CANADIAN PRESS

Jets head coach Claude Noel talks to Dustin Byfuglien in Winnipeg on Tuesday. JOHN WOODS/THE CANADIAN PRESS

Jets notes

It could be a struggle for the Jets to get better defensively with Zach Bogosian still out for at least a month as he recovers from wrist surgery.

- Forward Nik Antropov was back on the ice Wednesday as he recovers from getting banged up in the KHL before reporting to the Jets.
- He was on the ice as part of a line with Alex Burmistrov and new addition Alexei Ponikarovsky, but it still isn't known whether he'll be ready for the first Jets game Saturday against Ottawa.
- The Jets also grabbed six-foot-four, 234 pound right-winger Anthony Peluso off waivers from St. Louis on Wednesday.

By the numbers

245

The Jets gave up 245 goals last season, ranking them 26th in the NHL. Only the New York Islanders, Columbus, Toronto and Tampa Bay surrendered more.

NHL. Malkin adjusting quickly after stint in Russia

While the rest of his Pittsburgh Penguins teammates got taped up before practice on Tuesday, Evgeni Malkin ducked off to the side and picked up a couple of personal items that'd been waiting for him during his working vacation in his native Russia.

You know, just the Hart Trophy. Oh, and the Art Ross Trophy for leading the league in scoring, too.

Despite being jet lagged, he practised for nearly three hours on Monday and appeared to be just fine on Tuesday.

"I'm ready," he said. "I'm in good shape. I'm ready to play (the season opener in) Philadelphia. The first game we've got to start hard with lots of hits. I have no injuries, nothing is sore." THE ASSOCIATED PRESS

Evgeni Malkin during Penguins practice in Pittsburgh on Monday.
THE ASSOCIATED PRESS

NHL

Zajac signs 8-year deal with Devils

The New Jersey Devils have signed centre Travis Zajac to a long-term contract.

Devils president and general manager Lou Lamoriello announced the deal on Wednesday, shortly after Zajac scored a goal in a scrimmage against Albany of the AHL. The deal runs eight years, and pays Zajac, who should be the No. 1 centre this season, $46 million.

Lamoriello said the two sides had started to work on the new contract before the NHL lockout began in September.

THE ASSOCIATED PRESS

NHL. Iginla returns, thinks he'll be ready for opener

Jarome Iginla practised at Flames training camp for the first time this season Wednesday. The captain believes he'll be ready to play in Sunday's season-opener against the San Jose Sharks.

The 35-year-old right-winger missed the first three days of training camp because of a groin injury.

"Thankfully I felt really good out there today," Iginla said following practice. "I didn't feel it and it felt way better than last week. Last week, it didn't feel very good at all.

"It was a good pace out there as a group and a good amount of volume."

Quoted

"Hopefully it's (an) issue that will never come up again."

Flames captain Jarome Iginla who skated for the first time Wednesday after sitting out the first three days of training camp with a groin injury.

The Flames were on the ice for two hours of drills and scrimmages Wednesday in front of about 400 people at Scotiabank Saddledome.

THE CANADIAN PRESS

Trestman to take on Bears' top job

NFL. Former Alouette will return south of the border, where he has served for eight teams

The Chicago Bears hired Montreal Alouettes coach Marc Trestman on Wednesday to replace the fired Lovie Smith and gave him two basic tasks — fix the offence and lead the team to the playoffs on a consistent basis.

How he meshes with quarterback Jay Cutler could go a long way toward determining his success.

It's the first NFL head-coaching job for Trestman, 57, a long-time assistant in the league who spent the past five seasons coaching the Alouettes, leading them to a 59-31 regular-season record and three Grey Cup appearances, winning twice.

Prior to arriving in the CFL in 2008, Trestman spent time in the NCAA coaching at Miami and North Carolina State and served in the NFL as a quarterback coach, running back coach and offensive co-ordinator with Minnesota (twice), Tampa Bay, Cleveland, San Francisco, Detroit, Arizona, Oakland and Miami.

Chicago general manager Phil Emery cast a wide net in his search, meeting with at least 13 candidates. Besides Trestman, he also brought back Seattle Seahawks offensive co-ordinator Darrell Bevell and the Indianapolis Colts' Bruce Arians for second interviews.

Trestman wasted little time starting to assemble his staff.

A person familiar with the situation said the Bears hired New Orleans Saints offensive line coach Aaron Kromer as their offensive co-ordinator, hoping to revive a unit that often sputtered with Mike Tice calling the plays.

The Dallas Cowboys, meanwhile, reported on their website that special teams coach Joe DeCamillis was leaving to become Chicago's assistant head coach/special teams co-ordinator. THE ASSOCIATED PRESS

Not ready to retire

QB Calvillo committed to 20th season

The Montreal Alouettes will have a new head coach in 2013, but a familiar face remains under centre.

Quarterback Anthony Calvillo isn't retiring. There were thoughts the 40-year-old might have a change of heart with Marc Trestman's departure, but the veteran quarterback emphatically stated he's all in for a 20th CFL season.

"One thing I've learned, I'm always going to trust the powers that be, (owner Robert) Wetenhall and (GM) Jim Popp, to get the right people in here to help us win," Calvillo told reporters in Montreal.

THE CANADIAN PRESS

Former Montreal Alouettes head coach Marc Trestman, pictured at a news conference in Montreal on July 16, 2012, has been hired by the Chicago Bears to replace the fired Lovie Smith. RYAN REMIORZ/THE CANADIAN PRESS FILE

NFL

Chip Kelly goes back on decision, joins Eagles

In the end, Chip Kelly chose the NFL, giving the Eagles their guy.

Philadelphia hired Kelly on Wednesday, just 10 days after he decided to stay at Oregon. The 49-year-old Kelly, known as an offensive innovator, becomes the 21st coach in team history and replaces Andy Reid, who was fired on Dec. 31 after a 4-12 season.

He'll be introduced at a news conference Thursday.

Kelly was 46-7 in four years at Oregon and recently led the No. 2 Ducks to a victory over Kansas State in the Fiesta Bowl on Jan. 3. THE ASSOCIATED PRESS

Baseball

Jays farm hand banned 50 games

Toronto Blue Jays pitcher Alan Farina has been suspended 50 games following the right-hander's second positive test under baseball's minor league drug program.

Farina is currently on the roster of Single-A Dunedin Blue Jays of the Florida State League.

THE CANADIAN PRESS

Coming clean. Armstrong says he 'left it all on the table' in Oprah interview

Lance Armstrong said Wednesday that viewers can judge for themselves how candid he was in his interview with Oprah Winfrey.

"I left it all on the table with her and when it airs the people can decide," he said in a text message to The Associated Press.

Armstrong responded to a report in the New York Daily News, citing an unidentified source, that he was not contrite when he acknowledged during Monday's taping with Winfrey that he used performance-enhancing drugs.

He's also held conversations with U.S. anti-doping officials, touching off speculation that the team leader who demanded loyalty from others may soon face some very tough choices himself: whether to co-operate and name those who aided, knew about or helped cover up a sophisticated doping ring that Armstrong ran on his tour-winning U.S. Postal Service squads.

"I have no idea what the future holds other than me holding my kids," he said.

Armstrong's interview with Winfrey won't begin airing until Thursday night, but already some people want to hear more — under oath — before he's allowed to compete again in elite triathlons, a sport he returned to after retiring from cycling in 2011.

A photo from the taping of Oprah and Lance Armstrong: The Worldwide Exclusive. COURTESY OF HARPO STUDIOS, INC./GEORGE BURNS/THE ASSOCIATED PRESS

In addition to stripping him of all seven of his Tour de France titles last year, anti-doping officials banned Armstrong for life from sanctioned events.

Former teammate Frankie Andreu, one of several riders Armstrong cast aside on his ride to the top of the sport, said no one is better-suited to provide anti-doping authorities with a blueprint for cleaning up the sport.

"Lance knows everything that happened," Andreu said. "He's the one who knows who did what because he was the ringleader. It's up to him how much he wants to expose."

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	24	12	.667	—
d-New York	24	13	.649	½
d-Indiana	24	16	.600	2
Chicago	22	15	.595	2½
Brooklyn	23	16	.590	2½
Atlanta	22	16	.579	3
Boston	20	18	.526	5
Milwaukee	19	18	.514	5½
Philadelphia	16	23	.410	9½
Orlando	14	24	.368	11
Detroit	14	24	.368	11
Toronto	14	25	.359	11½
Charlotte	9	29	.237	16
Cleveland	9	31	.225	17
Washington	7	28	.200	16½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	30	8	.789	—
d-L.A. Clippers	30	9	.769	½
d-San Antonio	29	11	.725	2
Memphis	24	12	.667	5
Golden State	23	13	.639	6
Denver	24	16	.600	7
Houston	21	18	.538	9½
Portland	20	18	.526	10
Utah	21	19	.525	10
Minnesota	16	19	.457	12½
L.A. Lakers	17	21	.447	13
Dallas	16	23	.410	14½
Sacramento	14	24	.368	16
New Orleans	13	26	.333	17½
Phoenix	13	27	.325	18

Wednesday's results
Chicago 107, Toronto 105, OT
Orlando 97, Indiana 86
Atlanta 109, Brooklyn 95
New Orleans 90, Boston 78
Houston at Dallas
Denver at Oklahoma City
Memphis at San Antonio
Cleveland at Portland
Washington at Sacramento
Miami at Golden State

Tuesday's results
Indiana 103, Charlotte 76
New Orleans 111, Philadelphia 99
Brooklyn 113, Toronto 106
L.A. Clippers 117, Houston 109
Denver 115, Portland 111, OT
L.A. Lakers 104, Milwaukee 88

Thursday's games — All Times Eastern
New York vs. Detroit at London, England, 3 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Milwaukee at Phoenix, 9 p.m.
Miami at L.A. Lakers, 10:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Wednesday's results
MEN
Singles
Second Round

Novak Djokovic (1), Serbia, def. Ryan Harrison, U.S., 6-1, 6-2, 6-3.

David Ferrer (4), Spain, def. Tim Smyczek, U.S., 6-0, 7-5, 4-6, 6-3.

Tomas Berdych (5), Czech Rep., def. Guillaume Rufin, France, 6-2, 6-2, 6-4.

Janko Tipsarevic (8), Serbia, def. Lukas Lacko, Slovakia, 6-3, 6-4, 3-6, 4-6, 7-5.

Nicolas Almagro (10), Spain, def. Daniel Gimeno-Traver, Spain, 6-4, 6-1, 6-2.

Stanislas Wawrinka (15), Switzerland, def. Tobias Kamke, Germany, 6-3, 7-6 (4), retired.

Kei Nishikori (16), Japan, def. Carlos Berlocq, Argentina, 7-6 (4), 6-4, 6-1.

Sam Querrey (20), U.S., def. Brian Baker, U.S., 6-7 (2), 1-1, retired.

Fernando Verdasco (22), Spain, def. Xavier Malisse, Belgium, 6-1, 6-3, 6-2.

Evgeny Donskoy, Russia, def. Mikhail Youzhny (23), Russia, 3-6, 7-6 (4), 6-2, 3-6, 6-3.

Jerzy Janowicz (24), Poland, def. Somdev Devvarman, India, 6-7 (10), 3-6, 6-1, 6-0, 7-5.

Jurgen Melzer (26), Austria, def. Roberto Bautista Agut, Spain, 6-7 (4), 6-3, 6-7 (3), 6-3, 6-2.

Marcos Baghdatis (28), Cyprus, def. Tatsuma Ito, Japan, 3-6, 6-3, 6-2, 6-2.

Radek Stepanek (31), Czech Rep., def. Feliciano Lopez, Spain, 6-2, 6-2, 6-4.

Julien Benneteau (32), France, def. Edouard Roger-Vasselin, France, 4-6, 7-5, 7-6 (5), 7-6 (5).

Kevin Anderson, South Africa, def. Andrey Kuznetsov, Russia, 6-1, 7-5, 6-4.

Doubles
First Round

Mahesh Bhupathi, India, and **Daniel Nestor (5), Toronto**, def. Pablo Andujar and Guillermo Garcia-Lopez, Spain, 6-2, 6-4.

WOMEN
Singles
Second Round

Maria Sharapova (2), Russia, def. Misaki Doi, Japan, 6-0, 6-0.

Agnieszka Radwanska (4), Poland, def. Irina-Camelia Begu, Romania, 6-3, 6-3.

Angelique Kerber (5), Germany, def. Lucie Hradecka, Czech Rep., 6-3, 6-1.

Li Na (6), China, def. Olga Govortsova, Belarus, 6-2, 7-5.

Maria Sharapova (2), Russia, def. Misaki Doi, Japan, 6-0, 6-0.

Agnieszka Radwanska (4), Poland, def. Irina-Camelia Begu, Romania, 6-3, 6-3.

Angelique Kerber (5), Germany, def. Lucie Hradecka, Czech Rep., 6-3, 6-1.

Li Na (6), China, def. Olga Govortsova, Belarus, 6-2, 7-5.

Zheng Jie, China, def. Sam Stosur (9), Australia, 6-4, 1-6, 7-5.

Marion Bartoli (11), France, def. Vesna Dolonc, Serbia, 7-5, 6-0.

Ana Ivanovic (13), Serbia, def. Chan Yung-jan, Taiwan, 7-5, 1-6, 6-4.

Valeria Savinykh, Russia, def. Dominika Cibulkova (15), Slovakia, 7-6 (6), 6-4.

Julia Goerges (18), Germany, def. Romina Oprandi, Switzerland, 6-3, 6-2.

Ekaterina Makarova (19), Russia, def. Stephanie Foretz Gacon, France, 6-3, 6-3.

Jelena Jankovic (22), Serbia, def. Maria Joao Koehler, Portugal, 2-6, 7-6 (5), 6-2.

Kirsten Flipkens, Belgium, def. Klara Zakopalova (23), Czech Rep., 6-1, 6-0.

Venus Williams (25), U.S., def. Alize Cornet, France, 6-3, 6-3.

Sorana Cirstea (27), Romania, def. Kristyna Pliskova, Czech Rep., 1-6, 6-3, 6-2.

Madison Keys, U.S., def. Tamira Paszek (30), Austria, 6-2, 6-1.

Heather Watson, Britain, def. Ksenia Pervak, Kazakhstan, 4-6, 7-6 (7), 6-2.

NFL

DIVISIONAL PLAYOFFS

Sunday's results
AFC — New England 41 Houston 28
NFC — Atlanta 30 Seattle 28
Saturday's results
AFC — Baltimore 38 Denver 35 (2OT)
NFC — San Francisco 45 Green Bay 31

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern
NFC — San Francisco at Atlanta, 3 p.m.
AFC — Baltimore at New England, 6:30 p.m.

SUPER BOWL XLVII

Sunday, Feb. 3
At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Career-wise this is a great day to start something new. If you have been thinking about changing job or vocation, what happens over the next 24 hours could make up your mind. Then all you have to do is act.

♉ Taurus
April 21 - May 21
You are very much flavour of the month at the moment but it won't last forever, so make sure you take advantage of other people's good feelings towards you. This is also an excellent time to socialize.

♊ Gemini
May 22 - June 21
If you find yourself in a favourable position today, you must make good use of it. Don't miss out on a wonderful opportunity because you think it would be wrong to do well for yourself while others are struggling.

♋ Cancer
June 22 - July 23
If someone says something critical about you today, don't automatically assume they are trying to put you down. More likely, they are trying to make you aware of the mistakes you've been making. Listen and learn.

♌ Leo
July 24 - Aug. 23
In both your personal life and in your work, you are about to reap the rewards for past labours. All that is required of you is to sit back and enjoy the good things heading your way. You can do that.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in your fellow Earth sign of Capricorn has been good for you lately. Today's Venus-Pluto union will bring out the passionate side of your nature, which will be good for those you love!

♎ Libra
Sept. 24 - Oct. 23
You will find it easy to show affection today. You don't need to go over the top but you do need to let partners and relatives know how much you love them and how much you appreciate their efforts.

♏ Scorpio
Oct. 24 - Nov. 22
With Venus, planet of romance, linked to your ruler Pluto in one of the more outgoing areas of your chart, you won't be shy about showing your affection today. When Scorpios love, they love without limits.

♐ Sagittarius
Nov. 23 - Dec. 21
Ignore those who say you should be pushing yourself harder because they do not know what they are talking about. If everything comes so easily to you, why should you make it difficult? Life is there to be enjoyed.

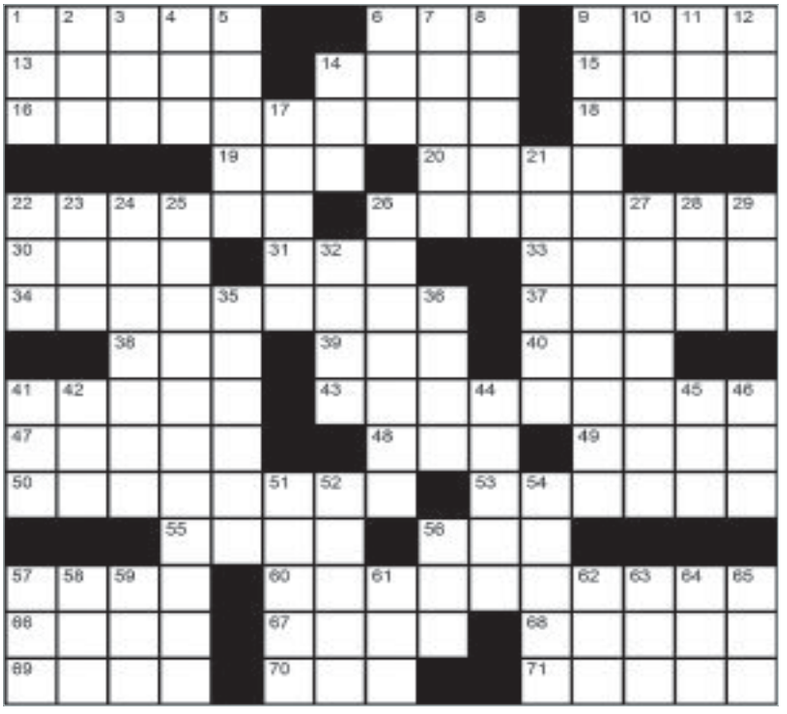
♑ Capricorn
Dec. 22 - Jan. 20
You will be even more intense than usual today. Pluto in your sign will make you more passionate and help you to move mountains through sheer force of personality. Be a catalyst for change.

♒ Aquarius
Jan. 21 - Feb. 19
There is so much in your life you have to be thankful for, yet still you are focusing on things that went wrong. Get over it. When the Sun enters your sign at the weekend you must be ready to move on.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in the area of your chart that governs friendships and group activities means you will attract people who share your desire to improve things. Together you can change the world for better. SALLY BROMPTON

Crossword: Canada Across & Down

BY KELLY ANN BUCHANAN



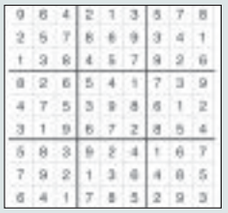
Across
1. Island of wild horses in Canada
6. Michael Jackson song
9. Maritime folk tune: "Song for the __"
13. Nature photographer Mr. Adams
14. 'Star Wars' universe knight
15. Actress, __ Rachel Wood
16. New "American Idol" judge: 2 wds.
18. Cozy corners
19. Deryck Whibley's band, __ 41
20. "Me neither.": 2 wds.
22. Blessings
26. Accessorized like The Penguin
30. School subj.
31. Bird of Australia
33. Celebrity chef Ms. De Laurentiis
34. Saskatoon band, The __
37. Feminizing suffixes
38. Director Spike
39. Game-on-the-green org.
40. Teacher's pen
41. Loud
43. Eminem alias: 2 wds.
47. Armada
48. 'Client' completer
49. Halo
50. Scanned-at-checkout things: 2 wds.
53. Is allowed: 2 wds.
55. McGill, e.g.
56. Launch site
57. House entrance
60. Victoria-born actress Meghan Ory's fairytale "Once Upon a Time" role, with Red: 2 wds.
66. Lucy __ Montgomery
67. Donated
68. Halle Berry's Canadian ex, Gabriel __
69. Middles, mini-ly
70. Finish
71. Ms. Witherspoon

Down
1. __ Andreas Fault
2. Tropical cuckoo bird
3. Graduate's degree, e.g.
4. Currency in Albania
5. Beethoven's title lady
6. Mr. Mulroney
7. A Bell for __ (John Hersey Pulitzer-winning novel)
8. Mustard variety
9. Alberta city: 2 wds.
10. "__ had it!"
11. Sprinted
12. 'A' of Q&A, for short
14. Mr. Carrey
17. Pondered
21. Canadian communications company
22. Baseball execs
23. Cheerleader's cheer!
24. Designer's studio
25. Poutine pieces: 2 wds.
26. J.K. Rowling's non-magical folks
27. Some horse-drawn carriages
28. Dutch city
29. "__ Boot" (1981)
32. Cleans the floors
35. Quarterback Mr. Manning
36. Go on a yacht
41. Canadian cinematic org.
42. 'Motor' suffix
44. Actress Ms. Fox
45. "__. _ & the Women" (2000)
46. Former-NBAer, __ Ming
51. Mournful melody
52. Mineral water brand
54. __ Allan Poe
56. Dessert choice
57. Rap legends, Run-_ _ _
58. Porridge particle
59. __ Lady Peace
61. Home theatre item
62. Shade
63. UK award since 1917
64. Alternatives
65. Nice 'n Easy product

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



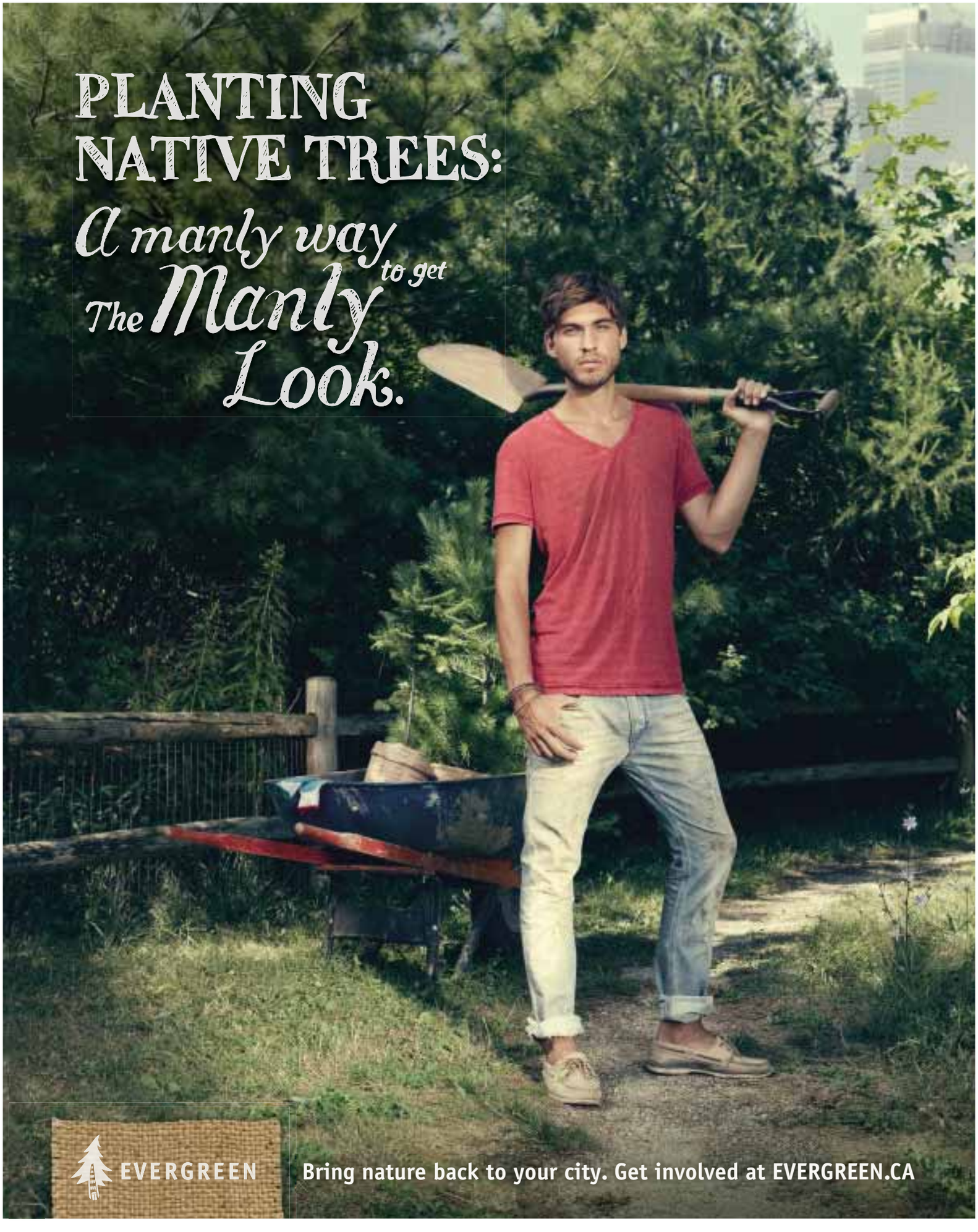
4				6				3
	2				7	8	1	
	7		9	5				
	1					2		
5		7				4		1
		8					3	
				9	8		4	
	5	2	7				6	
9				2				7

Weather

TODAY	FRIDAY	SATURDAY
MAX: -20° MIN: -24°	MAX: -18° MIN: -29°	MAX: -24° MIN: -28°

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6 AM

BT BREAKFAST TELEVISION


PLANTING
NATIVE TREES:
A manly way to get
The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA